

Clayoquot Sound Biosphere Region Community Food Survey

presented by:



funded by:



May, 2009

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Executive Summary

May, 2009

This project was conducted by the Ucluelet Community Foods Initiative (UCFI) and was funded by the Clayoquot Biosphere Trust, along with the Vancouver Island Health Authority.

The purpose was to gauge community interest, take stock of community assets and learn about the barriers to food security. The information will be used to better understand the long-term needs, interests and concerns of the community regarding food sustainability and access to good food.

- 56 % indicated that their current diet is somewhat healthy. 57% of participants eat more than 3-4 servings of fruit and vegetables a day.
- Quality is the most important factor when purchasing produce, followed by cost, if the produce is locally grown and organic.
- The main barrier to healthy eating is cost. Organic produce and produce are expensive. Organic meat, poultry and fish are also expensive and lack in variety and supply.
- The #1 way to help community members improve nutrition is increasing ways for individuals to get involved with our local food system (i.e. food policy, local small scale process and community greenhouses & gardens).
- While food is accessible and available in our community, it is not affordable. 15.1% have sacrificed paying utilities and 14.8% have sacrificed paying rent in order to buy food in the last 3 months.
- 60% are keen to make use of a community greenhouse or garden plot.
- The most popular topics for workshops and classes are gardening, harvesting wild foods, canning/preserving, smoking salmon, bear friendly composting, holistic & natural health, container gardening and nutrition.
- 71% are interested in purchasing directly from farmers through a Community Supported Agriculture program.

Our hope is that the results of this survey will be used to better understand the long-term needs, interests and concerns of our communities regarding food sustainability and everyone having access to good food.

Ucluelet Community Food Initiative

Background

This project was conducted by the Ucluelet Community Foods Initiative (UCFI) and was funded by the Clayoquot Biosphere Trust, along with the Vancouver Island Health Authority. The purpose was to gauge community interest in food security, which will decide future programs and initiatives. The information will be used to better understand the long-term needs, interests and concerns of the region regarding food sustainability and access to good food.

Approximately 2400 surveys were distributed throughout the Biosphere Reserve region during March 2009 (approximately 1000 in Ucluelet, 1400 in Tofino, Ahousaht, Esowista and Opitsaht). Copies were dropped in mailboxes and others were made available at municipal offices, restaurants and retail stores. The UCFI also manned a booth at the Ucluelet Consumers Co-op where they personally handed out the surveys. Drop boxes were available at all distribution locations.

The survey was also available online through Survey Monkey.

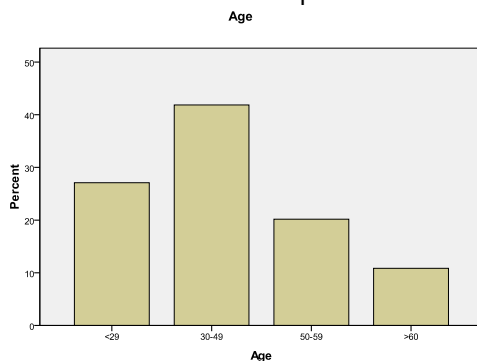
Survey Analysis

In total, 339 surveys were completed and returned. 314 hard copy surveys were submitted, plus an additional 25 surveys were completed on Survey Monkey. The responses were analyzed using SPSS 17.0.

Demographics

Age

The majority of respondents were in the 30-49 age group (41.0%). Following that, 26.5% of respondents were less than 29 years of age, 19.8% were in the 50-59 age group and 10.6% were greater than 60 years of age. Seven people did not answer this question.



Gender

The majority of respondents were female (66.1%), while 31.6% of respondents were male. Eight people did not answer this question.

Residency

The majority of respondents lived either within Tofino (35.4%) or Ucluelet (33.3%). 7.4% live in the land/villages outside Ucluelet, which includes Ittatsoo, Port Albion and Millstream. 10.0% live in the land/villages outside of Tofino, which includes Hot Spring Cove, Ahousat, Opitsat and Esowista. In addition 7.7% specifically identified Ahousat as their residence, 1.2% identified Opitsat and 2.4% specified Esowista.

First Nations

23.9% of respondents identified themselves as First Nations. While non-First Nations represent 72.9% of respondents, 11 people (3.2%) chose not to answer this question.

Current Living Situation

The majority of respondents own their own homes (54.0%), followed by renters (38.3%) and a very small portion of homeless (2.1%) and other (2.9%). Other living arrangements include room and board, staff accommodation, managing a guest house, living with a family member or living in a float home. Two people specified that they live in a home that is owned by their First Nation Band. Seven people (2.1%) did not answer this question.

Appliances & Storage Space

While most people (64.9%) indicated that they had access to a stove, fridge, oven, freezer and storage space in their homes, some did not.

The following chart identifies the percent of people who do not have access to certain appliances and storage space.

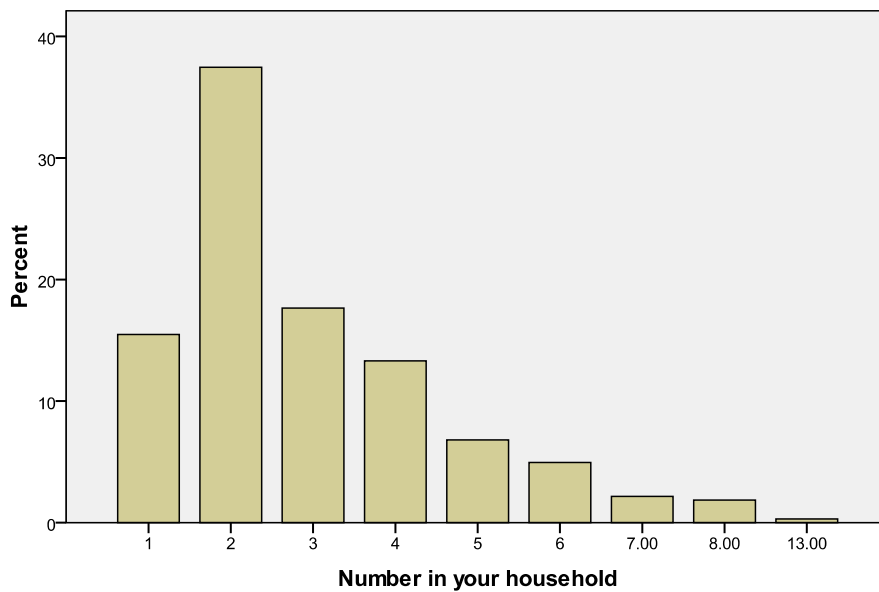
Appliance	Percent
Stove	2.9%
Refrigerator	5.0%
Oven	5.0%
Freezer	14.5%
Storage space	27.4%

A number of respondents made a note that they did not have access to a large freezer, although they had a small one as a part of their refrigerator.

Number in each household

The majority of respondents indicated that two people live in their household (35.7%), followed by three resident homes (16.8%), single resident homes (14.7%) and four member households (12.7%). Those households with greatest number of residents were largely reported by residents of Ahausat and Esowista. It was noted by a few respondents that they live with roommates, rather than living with family. 16 people (4.7%) did not respond to this question.

Number in your household



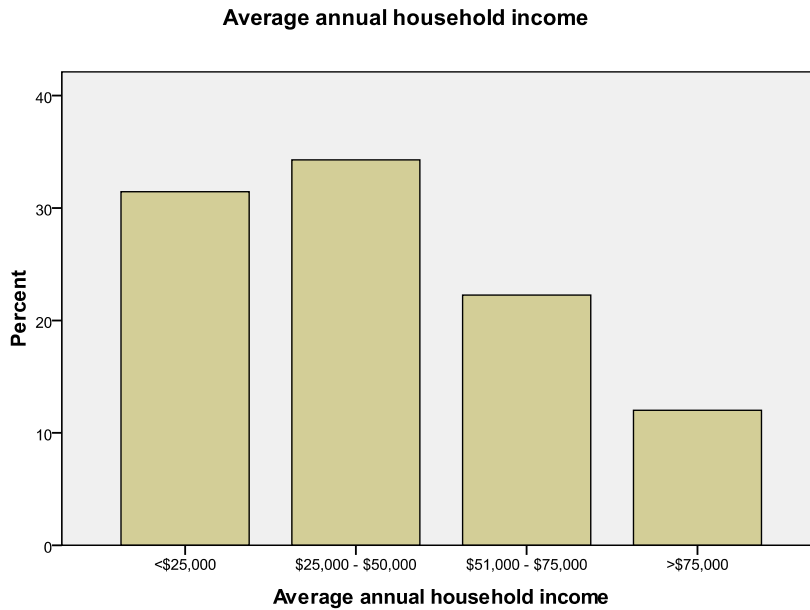
Providing for Others

A large number of respondents (37.5%) indicated that no one else depends on them to provide food. A number of respondents noted that they share the responsibility of providing food for the household with their spouse. Of the 62.5% that do provide for others, they most commonly provide for their spouse. The following is a breakdown of the dependants.

Dependants	Percent
Partner/Spouse	54.3%
Children ages 0-5	20.9%
Children ages 6-18	19.5%
Any other dependants	12.1%

Average Annual Income

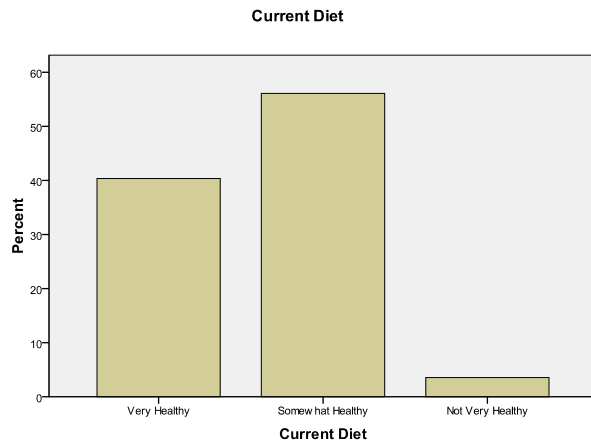
The greatest number of respondents (28.6%) indicated that their household's annual income falls in the range of \$25,000 - \$50,000, followed by 26.3% who earn less than \$25,000 per year. 18.6% indicated that their household's annual income is in the \$51,000 - \$75,000 range and 10.0% earn greater than \$75,000 per year. A large portion of survey takers chose not to complete this question (16.5%).



Results

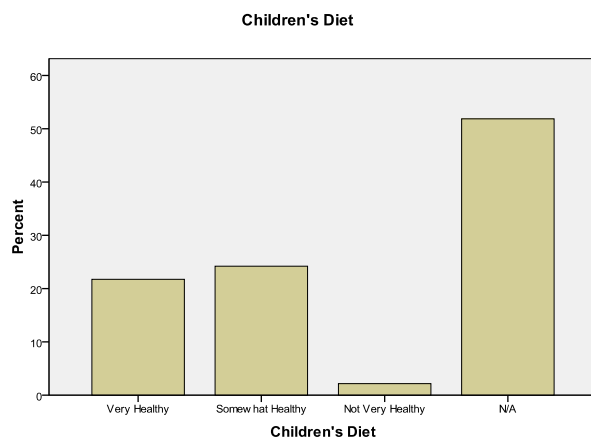
Q1. How would you rate your current diet?

The majority of respondents indicated that their current diet is somewhat healthy (56.1%) with 40.4% selecting very healthy. Twelve people (3.6%) indicated that their current diet is not very healthy.



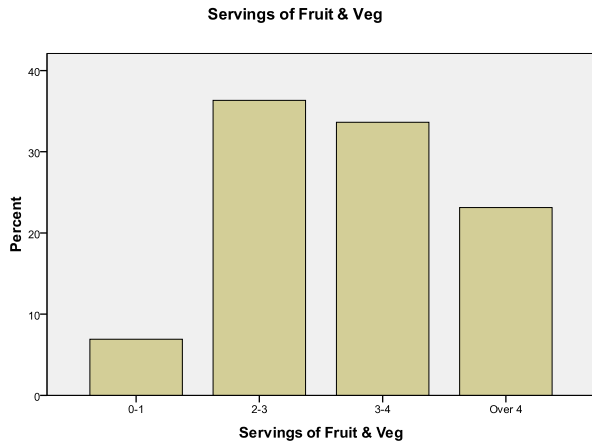
Q2. How would you rate your children's diet?

The vast majority of people indicated that their children's diets are either somewhat healthy (24.2) or very healthy (21.7%), with few people selecting not very healthy (2.2%). Many people indicated that this question did not apply to them (51.9%), while seventeen people did not answer the question most likely because it did not apply to them.



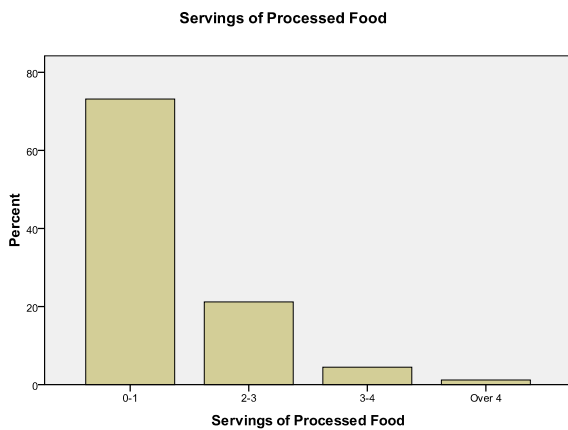
Q3. Servings of fruit &/or vegetables a day

Most people indicated that they eat 2-3 servings of fruit &/or vegetables a day (36.3%), followed closely by 3-4 servings a day (33.6%). A large number indicated that they eat greater than 4 servings a day (23.1%), with the least respondents indicating 0-1 serving (6.9%).



Q4. Servings of processed food a day

Most people indicated that they eat very few (0-1) servings of processed food a day (73.1%). Following that, 21.2% eat 2-3 servings a day and only 4.5% eat 3-4 servings per day. 1.2% eat more than 4 servings of processed food a day.



Q5. Rank in order of importance what factors contribute to your choices when purchasing produce?

Participants were asked to order the seven factors listed from very important (1) to least important (6). The factors are listed below in order of importance, along with their average score.

Very Important	Quality	1.69
	Cost	2.62
	Other	2.70
	Locally Grown	2.91
	Organic	2.92
	Fair Trade	3.92
Least Important	Convenience	4.07

Participants were asked to specify other factors that contribute to their purchasing decisions. These included:

- Taste
- Preference for produce that is in season, freshness
- The produce’s country of origin
- Nutritional value
- Locally available
- Supporting local businesses
- Foods that fit with special dietary requirements, such as vegetarian
- Wild origin rather than farmed, no pesticides
- Package size when purchasing meat (preference for small portions for single person) and amount of packaging used

Q6. What foods that are important to you and would improve your diet are difficult to obtain?

Fresh vegetables were the most noted food that is difficult to obtain, although people did not specify further. Many people made note that freshness and variety are particularly lacking, as well as any produce from within the region. Two people specified that fresh fruit grown in BC would be welcomed.

Meat, poultry and fish were identified as the foods second most difficult to obtain, especially organic. Specific items noted include (in order of frequency): fresh fish and seafood (especially in the winter), chicken, beef, poultry, buffalo, bison, lamb, game, and prawns caught by trap. Also mentioned were quality grades of meat, local meats and free range meats.

Many people identified dairy products (especially organic) as difficult to obtain. Specific items noted include: 0% fat plain yogurt, organic yogurt, organic goats and sheep’s yogurt, cheese and milk.

The foods are listed below in order of importance, along with the percentage of people that selected each option. The percentages total greater than 100% because the question allowed multiple responses.

Option	Percent
Fresh vegetables	51.1%
Meat, poultry and fish	49.8%
Organic foods	42.0%
Dairy products	34.8%
Low/No sugar items	25.1%
Low/No salt items	21.9%
Other	13.8%

Other foods that were specified include: locally baked non-wheat breads, healthy baked goods, healthy choices of crackers & cereals, bulk spices, bulk foods bee pollen, low fat, fat free, soy milk, soy cheese, wheat & gluten free, wild mushrooms and free range eggs. Vegan cheese, aloe food products, higher end packaged foods were also mentioned.

While the majority of participants identified foods, 4.4% of respondents chose the “none apply” response. In addition, 5.9% did not complete this question.

Q7. List all of the reasons your diet is not as healthy as you would like it to be. People noted that, in general, food is very expensive in our region, including all organic meat, dairy and seafood. When organic choices are available the cost is often prohibitive. Others noted that only the summer quality of produce is good, much of the fish available is from overseas and that there are too many processed choices at local grocery stores. Other reasons that people’s diets are not as healthy as they would like include no bulk food store in town, picky eating children, not enough access to wild seafood, hard to find new ingredients, laziness and having a sweet tooth.

The table below lists each of the options that were provided along with the percentage of people that selected each option. The percentages total greater than 100% because the question allowed multiple responses

Reasons diets are not as healthy	Percent
Organic produce is too expensive	44.1%
Organic meat, poultry or fish are too expensive	41.2%
Produce is too expensive	37.5%
Organic meat, poultry or fish are lacking in variety and supply	30.3%
Meat, poultry or fish are too expensive	30.0%
Lack time for shopping and/or preparing healthy meals	14.7%
Difficult to prepare healthy meals for only one	13.0%
Lack knowledge to prepare meals that are healthy and tasty	12.4%
Transportation	12.1%
Health issues make shopping difficult	5.6%
Dislike vegetables	4.6%
Lack decent cooking facilities	4.6%
Health issues make cooking difficult	4.0%
Don't buy certain foods	4.0%
Dislike fruits	2.2%
Other	6.5%
None Apply	13.0%

Q8. Where do you purchase groceries?

The most popular place to purchase groceries were the local grocery stores in Ucluelet and Tofino (rated as “often”), followed in order by other, out of town, local seafood providers, direct from farmers, buying clubs (most often Costco) and, lastly, home delivered meals. Other purchasing options mentioned included: growing and raising one’s own food (including chickens for eggs), CSA programs available in the region, convenience stores, the Ahousat General Store, farmers markets and local restaurants.

Q9. Other than buying groceries, how do you obtain food?

Participants were asked to rate how often they use various methods of obtaining foods. Fishing was the most popular method of obtaining food other than buying groceries, followed by gardening, harvesting wild foods and bartering/trading. These methods were “sometimes” used by participants. Least popular were hunting and raising animals, which were “never” practiced by respondents.

It should be noted that a high number of respondents did not complete this question. It could be that they did not read the instructions closely and wished to indicate that they do not practice any of the mentioned means, but did not take the time to provide the “never” response. The following charts detail the frequency of each response for each practice, as well as the percentage of participants who did not provide a response.

One respondent indicated that they dumpster dive as a means of obtaining food.

Hunting	Percent
Often	13.3%
Sometimes	7.4%
Never	44.2%
No response	35.1%
Total	100.0%

Barter/Trade	Percent
Often	8.8%
Sometimes	19.8%
Never	31.6%
No response	39.8%
Total	100.0%

Fishing	Percent
Often	31.3%
Sometimes	25.7%
Never	23.9%
No response	19.2%
Total	100.0%

Gardening	Percent
Often	19.5%
Sometimes	22.4%
Never	26.8%
No response	31.3%
Total	100.0%

Raising animals	Percent
Often	3.5%
Sometimes	3.2%
Never	46.3%
No response	46.9%
Total	100.0%

Harvesting Wild Foods	Percent
Often	13.0%
Sometimes	24.2%
Never	27.7%
No response	35.1%
Total	100.0%

Q10. What are the best ways to help community members improve nutrition?

Participants responded positively to the suggested means of improving nutrition within the community. Each option is listed below along with the percent of respondents that supported it.

Option	Percent Supporting
Increase ways for individuals to get involved with our local food system (food policy, local small scale processing, community greenhouses/gardens)	73.2%
Increase and improve nutritional education	65.8%
Improve school lunch programs	59.3%
Increase and/or improve access to food programs (Meals on wheels, food banks)	46.9%
Other	11.8%

Other options specified by participants include:

- Share meals with friends, cooking groups, social interaction
- Provide grocery tickets for the poor
- Improve the food bank
- Plant wild foods in and around town
- Increase general knowledge by offering classes for whole families
- Support local farmers to grow and develop
- CSA programs
- Provide cost discounts for produce grown on Vancouver Island
- Initiate a government allowance for remote living to offset shipping costs
- Increase awareness of politics that affect our access to food
- Farmer's markets
- Involve students in the production of their own food
- Serve healthy food at local community events
- Increase local control of grocery store inventory, more local products

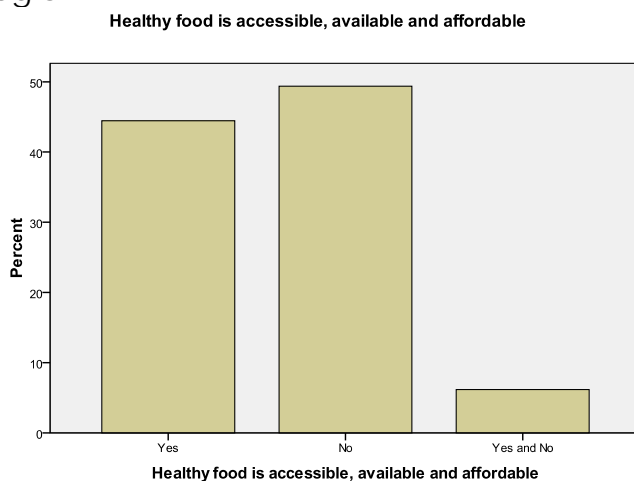
- Good Food Box (refer to program in Powell River)
- Encourage traditional hunting, fishing & harvesting
- Increase competition for grocery stores
- Open a grocery store in Ahousat

Q11. Do you feel healthy food is accessible, available and affordable in your community?

This question prompted a very mixed results with almost an equal number of people answering yes (42.5%) and no (47.2%). Interestingly, some people chose to select both responses (5.9%), noting that they feel that healthy food is available, but not affordable for many people. Fifteen people (4.4%) did not answer this question.

The chief complaint for those who answered “no”, again, was that food is not affordable or too expensive in our communities. Specifically, people noted that organic food, produce, seafood and gardening are expensive. Many people observed that fruit, vegetables & whole grains are expensive, while junk food costs less. Transportation costs were frequently blamed for the high prices. Others noted that our remoteness and climate conditions make access to food difficult. Many said that there is not enough variety in the food available to us. A number of respondents noted that it would be nice to have access to more regional food, rather than New Zealand apples for sale in the Co-op, for example. Participants noted that the tourism economy has driven prices higher in Tofino both at the Co-op and at restaurants.

For residents of Ahousat, the lack of a local grocery store is a major impediment to accessing healthy food. People noted that “just candy, pop, chocolate and chips” are available in their community. Transportation costs are a major factor for the isolated reserves in the region.



Q12. In the past 3 months have you had to sacrifice buying groceries instead of other expenses?

The majority of respondents (71.5%) indicated that they have not had to sacrifice buying groceries in order to pay other monthly expenses in the past three months.

For those that had to make sacrifices, paying for utilities, rent, buying, gas and buying medicine were forfeited in that order. Others noted that they have prioritised buying tobacco, clothes, tuition, firewood and dental bills over the purchase of food recently. 14.2% of survey participants did not complete this question, which may indicated that none of the answers applied to them.

Sacrifice buying groceries to:	Percent
Pay Rent	14.8%
Buy Medicine	4.8%
Buy Gas	9.3%
Pay Utilities	15.1%
None Apply	71.5%
Other	5.8%

These numbers total greater than 100% because the question allowed multiple responses.

Q13. Are there food assistance programs that have previously been or are presently important to your household?

The majority of survey participants (85.0%) have not had to rely on food assistance programs. Participants who have accessed such programs (10.3%) mainly identified the food bank and Salvation Army, as well as a community outreach program that has provided food vouchers. One person noted that it would be great to have a "Meals on Wheels" program in our community. Another mentioned that they have had assistance with replacement meat packs after an extended hydro outage. Sixteen people (4.7%) did not answer this question.

Q14. Identify or describe the single most important item that would improve your diet or family's food situation?

This open ended question allowed participants to identify their own response. The responses were grouped according to themes.

The most popular responses were "easily accessible local food," which includes local farmer's markets, "Bulk buying" including staples such as

beans and rice and “growing food,” including community gardens and greenhouses. These three options were all provided as examples, which may have prompted people to identify them.

Other popular suggestions included:

- Organic free-run meat
- Preservation & storage of food
- More affordable food especially vegetables, fruit and meats
- Access to wild seafood, especially salmon
- Improving or building private greenhouses & gardens
- Improved quality of food available
- Improved variety of food available
- Healthier restaurants
- Motivation & knowledge to eat healthier
- Having more time to prepare meals & better cooking facilities
- Increased competition amongst food stores
- Having a larger budget for food
- Having a food store in each community

Q15. Do you have your own garden or greenhouse?

The majority of respondents (63.4%) do not own their own garden or greenhouse. While many people indicated that they do own a garden or greenhouse (35.2%), it is not possible to break that down any further because most people did not specify which they own. Of those who did specify, small gardens consist of herbs, greens, potatoes, tomatoes, rhubarb, garlic, onions, berries and tomatoes. Container gardens were also noted.

Q16. If you don't have land, would you be interested in land share options to grow food for personal or commercial use, in exchange for a % of the produce (or other exchange) from the landowner?

48.1% of participants indicated that they would be interest in land share options. 32.7% noted that they would not be interested. Many people (18.6%) did not complete. It may have been useful to include a “not applicable” reply option to this question, as some people may have indicated “no” as a means of saying that it does not apply to them.

Q17. If you have land, would you be willing to have people use a portion of it for growing food and receive a % of the produce (or other exchange)?

Many people (30.7%) indicated that they would be open to sharing their land for the purpose of growing food. Some stipulated that it would have to observe bear smart standards and have other established protocols. The majority of participants (37.5%) indicated they would not be

interested and a large number (31.3%) did not complete the question. Some people noted that their property is too small for such an arrangement. Again, it may have been useful to include a “not applicable” reply option to the question, as some people may have indicated “no” as a means of saying that it does not apply to them.

Q18. If a plot in a community garden were available to you, would you grow food there?

Many people (60.2%) are keen to make use of a plot in a community garden or greenhouse in their community. Almost one third of respondents (29.5%) indicated they are not interested. A few people noted that it would depend on the location. 8.8 % did not complete the question.

Q19. Are you interested in information, classes and/or workshops on the following subjects?

In general, people responded very positively to the idea of classes or workshops on the suggested topics. 8.8% of people did not respond to this question at all. The percentages listed below are based on those participants that did respond. These numbers total greater than 100% because the question allowed multiple responses.

Classes	Percent
Gardening	59.5%
Harvesting wild food	54.4%
Canning/preserving	54.4%
Smoking salmon	52.4%
Bear friendly composting	49.8%
Holistic and natural health	48.9%
Container gardening	48.9%
Nutrition	47.2%
Seed saving	36.2%
Vegetarian cooking	35.3%
Cooking for special diets	28.5%
Politics of food	26.9%
Cooking for one	21.0%
Making baby food	16.2%
Other	5.8%

People had a number of unique suggestions for classes and workshops including:

- Hunting, fishing
- Beer making
- Budgeting, meal planning, low-cost healthy eating
- Building a greenhouse
- Deer-resistant veggie gardening
- Cooking classes using local foods like seaweed
- Indigenous food cooking classes
- Cooking with the season
- 100 Mile Diet
- Food Safe (Ahousat)
- Making cheese & yogurt
- How to dehydrate fruits & veggies

Four people noted that they are very supportive of classes in general, although they are not personally interested.

Q20. Are you willing and able to teach classes on any of the above subjects?

Many survey respondents (17.1%) indicated that they are willing and able to teach classes on the subjects that were suggested, as detailed below.

Classes	Teachers
Bear friendly composting	
Gardening	8
Holistic and natural health	2
Container gardening	1
Harvesting wild food	6
Canning/preserving	8
Nutrition	10
Smoking salmon	2
Seed saving	2
Vegetarian cooking	8
Politics of food	5
Cooking for special diets	3
Making baby food	4
Cooking for one	4

In addition, participants could also teach:

- Beer making
- Bread making
- Smoking meats & foods
- Harmonic living ecology
- Ayurvedic cooking
- Traditional salmon smoking
- Fishing & shellfish harvesting
- Raised bed gardening
- Shitake mushroom cultivation
- Seaweed harvesting
- Baking with whole grains
- Processing wild game meats
- Cooking for groups
- Composting
- Permaculture
- Meat Farming
- Eating hearty for the future
- Food safety

Q21. Which of the following would you support?

In general, participants were very supportive of the suggestions made. The table below details the results based on the average response.

Option	Degree of Support
More availability of locally grown food to purchase	Highly supported
Farmers Markets	Highly supported
Protecting eco-systems that currently supply wild food resources	Highly supported
Community gardens and greenhouses	Highly supported
Community kitchen program	Support

It is important to note that many people did not take the time to rate the options on a scale of one to four, rather chose to check those that they supported. In this case, no response should be interpreted as not supporting the option. This alternative interpretation produces the following results.

Option	Percent supporting
More availability of locally grown food to purchase	84.6%
Farmers Markets	84.1%
Community gardens and greenhouses	81.4%
Protecting eco-systems that currently supply wild food resources	77.6%
Community kitchen program	66.1%

Participants were also given an opportunity to suggest their own ideas.

Suggestions included:

- A coop buying club
- Incorporating more local knowledge into our food system
- Creating a barter/trade system
- Community compost
- School food programs, food box program for kids & elders
- Mandatory nutritional and cooking education in schools

22. Are you interested in purchasing directly from farmers through a program called Community Supported Agriculture (CSA), where you purchase a "share" in the farm at the beginning of the year and in return get a box of fruits and veggies regularly throughout the season?

Participants were very positive about the idea of participating in a CSA program as 71.1% indicated "yes." A few people (2.9%) were unsure and chose both the "yes" and "no" options, noting that they may not eat enough as a single person or are not in the region for the whole summer. Others noted that it would depend on the cost and would need more information to decide. One person asked if the share could be paid for with sweat equity by working on the farm. 17.4% replied "no" and 8.6% did not answer the question.

Q23 – 31 see demographic section page 4

Q32. Do you have any final thoughts or comments regarding food security in your community?

Many people provided additional feedback and input by completing this last question. The information provided has been sorted and comments summarized into four general themes: Encouragement & Support, Observations, Local Choices, and Ideas & Suggestions.

Encouragement and Support

This is a great initiative.

So thankful to see the formation of UCFI! I am looking forward to seeing and taking part in initiatives down the road. There are so many challenges to achieve food security here – It is important to have this kind of organization to focus, organize and motive people. Thank you!

I am very pleased to see that our food sources and options are being looked at and options/plans beginning.

I think this is a terrific initiative especially local home grown food products and the support of individuals and businesses that provide such opportunities. I would not hesitate to support the sustainability of this initiative.

Very glad to see this initiative!

Keep up the good work!

Good job guys! Very excited about what you are doing!!!

I fully support food sustainability.

I appreciate the effort being put towards this initiative and hold it at high value. Look forward to future initiatives!

This is a great project. Well done! Thank you for your effort.

I'd be most willing to be involved in any artistic way (making signs, scarecrows, building).

Observations

Everyone needs a farmer, just like we have a doctor or dentist. That would be great.

As the population grows, we have a responsibility to get on track to maintain the growth of food in an environment that's healthy. Even for those not directly involved in its growing. This is needed now. Thanks for getting this started.

Make sure fishing is sustainable. Stop poaching and spotlight hunting by First Nations.

Ensuring our community has a good sufficiency of healthy food available and affordable is the key to morale, well-being and live-ability of our west coast community.

Protection of the world's oceans is extremely vital on both a local and planetary level.

Everyone in an affluent country such as Canada has the right to a secure & accessible healthy food supply regardless of income.

Vancouver Island & BC are rich with farms. More local fresh food should be spread with in our province before being exported to ensure everyone is able to eat healthy in our communities.

Healthy food should not cost more than junk food. Junk food is not real food. There are inexpensive healthy choices. If people don't know, the information is available.

Our lives are connected to the tides and seasons and the ocean and land. The wild salmon, berries, shellfish and natural world provided our food and determined our movements – it is being destroyed by logging, fish farming, sewage, dams and other destructive processes that are a result of personal greed that disregards other lives. This can be reversed with determination and changing the direction humans are presently going. This earth will provide abundance if we learn to care for, learn from and walk in balance with all our relations.

Local Choices

I do not like some of the poor quality produce that is offered by the grocery stores here. The produce is expensive and does not keep well as it is "aged" before it gets here. It is very disappointing to see fruits and veggies that are already mouldy and soft on the first day on the shelf.

I think it would be good to ensure businesses don't overlap too much. For example, one butcher, one bakery, one bulk food store etc.

When our local fishing industry is disappearing, why are our fish choices in stores from overseas? Why can't we purchase local fish from local fishermen? Why is our produce so expensive? Quality poor and yet we are constantly told to support local business?!

Maybe Coop could think about providing more organic, healthy options – ethnic variety, more local choices since they are such a huge company.

Would really like to see more farms here – and would buy from them if I knew of them & they weren't too hard to get to.

I think the kids on the lunch program deserve to get at least one good meal a day. Lets face it, they are on it probably because they don't have lots of \$. Healthy would be great. Organic would be better.

We need a grocery store in Ahousat again!!!

I have heard retailers discuss letting the inventory of food become negligible during off-season. I am disturbed by the focus on tourists in Tofino while locals are forgotten. i.e. minimal food inventory during the fall & winter. Food business closures during the fall & winter (haven't observed this practice in ANY other community I've lived in). It does not support the local community.

I believe access to high quality fruits & veggies throughout the year at a lower price is the number one issue for healthy eating in our community. Combined with education about why eating fruits & veggies are so important as well as empowering people to grow there own could have a huge effect. First nations and low income families seem the most affected by the lack of access to high quality nutritional food. Also, seems that people often put their children's health before their own so programs focussing on children's nutrition (from breast-feeding – nutritious snacks for teenagers) could benefit whole families.

Ideas and Suggestions

Farmers should be supported more. Development of local farms should be funded. Self sustainability for the communities is key. Farmers markets on weekends in Ucluelet. Provide greenhouses for production, help fund us local farmers to better provide. It's hard to farm here.

It would be great to have a large community green house here. Back yard plots, in my experience, are a bigger challenge because of temperature & light. Education? I see so many people feeding their children junk food, Kraft dinner etc. Do they know better or are they just too busy to care? Maybe having parenting courses, how to make baby food at home, would help create a healthy start and educate without offending.

I am concerned that so many people eat process/packaged food. More classes on nutrition and community awareness programs might be helpful.

We need to develop protocols with other First Nations tribes to hunt, harvest & fish in their territory as well as them coming into our areas for the same purposes.

A community kitchen or garden where you can prepare food and take home and share with others or garden it would be a great & needed asset for our community – people need it.

How about a commercial smoking facility for fish/meat? Smoke visitor's catch & send it to them, tourists could tour the facility, buy smoked fish etc. Ucluelet & Tofino coop bread is full of chemicals & nobody can compete as a bakery in Tofino. Community compost for commercial & residential users, then sell back the finished compost. Invest more money in the Ucluelet Farmers Market facilities to create a more welcoming environment.

Certain foods, i.e. wild salmon may be endangered. Sustained programs that address endangered species which are listed/identified, should be a priority.

How would we keep deer out of a community garden?

A community garden would be incredible. Also, kid's school garden programs are so incredibly educational because children don't realise how food supply works and how easy it is to grow your own good food!

Could we get better prices as a group to order whole grains, beans, rice somehow? A communication system to encourage more to grow their own gardens.

A community garden, garden market & market for wild organic meat exchange is THE asset that is largely missing in Ucluelet.

Love the idea of a perpetual calendar for planting/starting/seed collecting times or an email list for same. Bulk dry goods ordering group. Shared freezer space.

How about a local foods dinner club? Keep it up!

With all the renovations, reusing windows & doors to make a large community greenhouse would be prudent as the rain leaches all the nutrients away. Community composting site to get supply of fertilizer.

That there should be a food safe course open to all people in our community. There should be gloves and soap available to servers & cooks. It should be a must especially at weddings, pot lucks, & funerals or any social gathering.

I feel community gardens either outside or contained within greenhouses (more feasible here) is the way to go. Our local stores gouge us as consumers therefore if I am already out of town I will purchase there. Feed the hungry but allow them to work in the gardens and gain some ownership instead of simply handouts. We need to provide a hand up instead.

I'm very excited that this is being focused on. Eating well here can be expensive and difficult because so much food comes from so far away (not to mention the ecological impact). It would be great to be more involved with our food sources, most connected to their origin. Eating healthier and less expensively to a larger and larger degree right from the region where we live. I'd like to see more availability of locally caught fish and game that isn't at sky-high prices. Is this possible?

We have a large bay full of shellfish that is polluted, so unusable. Clean up the bay.

I would really like to see Van Island Farmers and produces to build their businesses and connect them with local customers. We have local bakers, eggs, meat produces, blueberry farms even vineyards for local

wine from Ucluelet to Victoria. Farmers are not able to get their goods to us. We need to help them too. Thank you for doing this.

I would like to see unused food get to people who need it. For example, fruit left on trees.

I think people need to rethink the way we shop for food & our expectations need to change regarding what we buy. We need to get back to when there were seasons that related to our purchases. I.e. no more year round fresh tomatoes & strawberries. Food would be more local and of higher quality. Quality of ingredients needs to be a focus. We need to all know how to cook & appreciate food. Local food producers also need more support & it needs to be more affordable for young people to get into the market. It would be a better place, in my opinion, if we all cared a lot more about what we eat, when we eat it & where it comes from and what its true costs are. More people need to get their hands in the dirt.

Community gardens on the reserves, cooking & nutrition classes stressing the use of fruits & veggies and encouragement to do more wild food gathering may be beneficial. Or community kitchens where the food being cooked is highly nutritious, situated on the reserve. If they can't come to the grocery stores & farmers markets to get food then bring it out to them.

It's ridiculous that fish must be sent outside the region to be processed before being sold here.

Love the idea of a local community compost using soil for local community gardens and greenhouses. % of food donated to the foodbank. Would also like to see a local food market for locally grown, harvested & caught food that can be bought or bartered for

Why doesn't anyone in Tofino grow chickens? We need a local egg source.

I strongly believe that health and nutrition education should be a part of the school curriculum throughout all the school years! The same for cooking! Children grow up today without knowing how to eat and cook because their parents are lacking that skill.

West Coast Community Food Initiative: Household Survey

Q1. How would you rate your current diet?

Very Healthy Somewhat Healthy Not Very Healthy

Q2. How would you rate your children's diet?

Very Healthy Somewhat Healthy Not Very Healthy N/A

Q3. On average, how many servings of fruit &/or vegetables do you consume a day? (Not including potatoes)

0-1 2-3 3-4 over 4

Q4. On average, how many servings of processed food do you consume a day? (e.g. instant foods, soups and meals, pop or chips, fast food restaurants, e.t.c)

0-1 2-3 3-4 over 4

Q5. Rank in order of importance what factors contribute to your choices when purchasing produce? (With #1 being very important, and 6 the least important)

Cost Quality Organic Locally Grown
 Convenience Fair Trade (Workers pay & working conditions were ethical)
 Other (Specify all) _____

Q6. What foods that are important to you, and would improve your diet are difficult to obtain? (From the following list please check ALL that apply to you)

Dairy products (Milk, cheese, yogurt, etc.) Specify item hard to obtain _____
(Organic Non organic Both)
 Meat, poultry, and fish Specify item hard to obtain _____
(Organic Non organic Both)
 Low/No sugar items
 Low/No salt Items
 Fresh vegetables
 Organic foods
 Other (Specify all) _____
 None Apply

Q7. The following are some reasons diets are not as healthy as people would like them to be. (From the following list please check ALL that apply to you)

Dislike fruits
 Dislike vegetables
 Produce is too expensive
 Organic produce is too expensive
 Meat, poultry or fish are too expensive Specify Item _____
 Organic meat, poultry or fish are too expensive Specify Item _____

- Organic meat, poultry or fish are lacking in variety and supply *Specify Item* _____
- Lack knowledge to prepare meals that are healthy AND tasty
- Health issues make *shopping* difficult
- Health issues make *cooking* difficult
- Transportation (Too difficult to get groceries home)
- Difficult to prepare healthy meals for only one
- Lack decent cooking facilities (Refrigerator, stove, oven, preparation & storage space)
- Don't buy certain foods, as I share a kitchen & my food gets taken or eaten by others
- Lack time for shopping and/or preparing healthy meals
- Other (Specify all) _____
- None Apply

Q8. Where do you purchase groceries? (*List 1 as often, 2 as sometimes, 3 as never*)

- Local grocery stores in Ucluelet/Tofino
- Out of town (Port Alberni, other)
- Buying Club (Specify all) _____
- Direct from farmers
- Home delivered meals
- Local seafood providers
- Other (Specify all) _____

Q9. Other than buying groceries, how do you obtain food? (*List 1 as often, 2 as sometimes, 3 as never*)

- Hunting
- Fishing
- Barter/trade
- Garden
- Raised animals
- Harvesting of wild foods

Q10. In your opinion, what are the best ways to help community members improve nutrition and options? (Check all that apply)

- Increased and/or improved access to food programs (Meals on wheels, foodbank)
- Improved school lunch programs
- Increased and improved nutritional education
- Increased ways for individuals to get involved with our local food system (food policy, local small scale processing, community greenhouses/gardens)
- Other (Please explain) _____

Q11. Do you feel healthy food is accessible, available and affordable in your community?

- Yes No If no, why? _____

Q12. In the past 3 months have you had to sacrifice buying groceries instead of other expenses?
(Please check all that apply)

- Paying rent Buying Medicine Buying gas Paying Utilities
 N/A Other

Q13. Are there food assistance programs that have previously been or are presently important to your household?

Yes No If yes, please specify _____

Q14. Identify or describe the single most important item that would improve your diet or family's food situation? (*For Example: growing food, bulk buying, easily accessible local food, a place to cook, etc.*)

Q15. Do you have your own garden and/or greenhouse?

Yes No If yes, please specify _____

Q16. If you don't have land, would you be interested in land share options to grow food for personal or commercial use, in exchange for a % of the produce (or other exchange) from the landowner?

Yes No

Q17. If you have land, would you be willing to have people use a portion of it for growing food, and receive a % of the produce (or other exchange)?

Yes No

Q18. If a plot in a community garden were available to you, would you grow food there?

Yes No

Q19. Are you interested in information, classes and/or workshops on the following subjects?
(*Check all that apply with #1 as very interested, #2 as interested, #3 as somewhat interested, and #4 not interested at all*)

Nutrition Holistic and natural health

Vegetarian cooking Canning/preserving

Bear friendly composting Cooking for special diets (diabetes, wheat allergies, etc.)

Smoking salmon Gardening

Container gardening Seed saving Making baby food

Cooking for 1 Politics of food Harvesting wild food

Other (Specify all) _____

Q20. Are you willing and able to teach classes on any of the above subjects?

Yes No

If yes, please specify

Q21. Which of the following would you support? (Check all listed with 1 as highly support, #2 as support, #3 as somewhat support, and # 4 as not support))

More availability of locally grown food to purchase

Farmers Markets

Community gardens and greenhouses

Protecting eco-systems that currently supply wild food resources

Community kitchen program (I.e. bi-monthly buying/harvesting to cook and supply families with meals for a week)

Other (Please specify) _____

Q22. Are you interested in purchasing directly from farmers through a program called Community Supported Agriculture (CSA), where you purchase a "share" in the farm at the beginning of the year, and in return get a box of fruits and veggies regularly throughout the season?

Yes No

A LITTLE ABOUT YOU NOW

Q23. In what age group do you belong?

<29 30-49 50-59 60 or above

Q24. What is your gender?

Male Female

Q25. Where do you live?

Ucluelet Tofino Land/ villages outside Ucluelet Land/villages outside Tofino

Other, please name _____

Q26. Are you First Nations?

Yes No

Q27. Which of the following describes your current living situation?

Own Rent Homeless Other (Specify) _____

Q28. Which of the following is not available where you live? (Check all that apply)

Stove Refrigerator Oven Freezer Storage space

Q29. How many people live in your household? (Please specify)

Q30. How many people depend on you for food in your household? (Specify #)

Partner/Spouse Children ages 0-5 Children ages 6-18

Any other dependants

Q31. What is your average annual household income? (This includes you and/or your partner)

<\$25,000 \$25,000 - \$50,000 \$51,000 - \$75,000 >\$75,000

Q32. Do you have any final thoughts or comments regarding food security in your community?

Food security involves food sustainability and everyone having access to good food, regardless of where we live or how much money we have. (Please use back of page for responses that do not fit in the space provided below.)

Thank you for taking the time to complete this survey and sharing your perspectives. If you want to contact UCFI or have additional comments or are interested in teaching a class, please email UCFI at ukeelocalfood@yahoo.ca **Please return the survey to one of the drop boxes by March 22, 2009.**