

2019 April 2

North Cariboo Rural Directors Caucus
102-410 Kinchant Street
Quesnel BC V2J 7J5

Re: Partnering for Healthier Communities: North Cariboo Update

Dear North Cariboo Rural Directors:

The Partnering for Healthier Communities: North Cariboo committee (P4HC:NC) is pleased to provide an update of the activities for 2018. The committee members are appreciative of the contributions provided by co-chairs John Massier and Lynnette Winsor.

The Partnering for Healthier Communities North Cariboo is a stakeholder group composed of members representing a wide range of groups, organizations and agencies from across the North Cariboo. It's establishment in 2014 was led by Growing North Cariboo Society and is co-chaired by a representative of the Cariboo Regional District and Northern Health.

The group meets quarterly with a focus on collaboration, creating partnerships and supporting programs and strategies that promote healthy eating, local food security, and physical activity. The committee established the Empowering Family Health project focused on food production and preservation, which has multiple linked components as noted below.



In 2018 committee members shared information about the P4HC:NC activities by setting up a booth at the Discover Wellness Health Fair in March and Seedy Saturday in April. A Request for Proposals was distributed to Community Associations, School District 28 schools, and the Empowering Family Health group email list, and the proposals were included in an application to the Northern Health Imagine Grant fund. The grant was approved for \$2,225.00 to expand the school gardens at Barlow Creek Elementary and Carson Elementary.

A similar process was used in the fall for the submission of an application to Imagine grant in March 2019 to establish an indoor growing area at Correlieu Secondary School, establish a Medicine Garden and plant fruit trees at Bouchie Lake Elementary and support the Friends of Bouchie Milburn Society to host a workshop series on food processing, storing and preservation.

Background information on the P4HC:NC and the committee member list is provided on the following pages. The P4HC committee appreciates the support of the directors of the North Cariboo Rural Caucus and looks forward to continued collaboration with community groups in the North Cariboo to further healthy, sustainable community development.

Sincerely,

Lori Fogarty
Secretary
Representing the P4HC: NC
Committee Members

Partnering for Healthier Communities: North Cariboo Background

Vision

The P4HC: NC will work towards supporting healthy, sustainable community development in the area of local food production.

Establishment Phase

2014-15

- Co-chairs: CRD Director - Heloise Dixon-Warren; Northern Health - Lynnette Winsor
- Steering Committee: 14-member stakeholder group
- Terms of Reference developed
- Promotion materials developed

2016

- Co-chairs: CRD Director – Robin Sharpe; Northern Health - Lynnette Winsor
- Steering Committee: 18-member stakeholder group
- Implementation of Stream 1 funding application for \$20,000
- Empowering Family Health steering committee formed
- Facilitator hired to work with Empowering Family Health steering committee to develop marketing materials, social media, resource inventory database; purchase and distribute \$1000 of food preservation equipment in 5 communities as a lending resource; facilitate 25 workshops in the North Cariboo rural areas; and promote the program at events & Farmers Markets.
- Number registered in workshops – 248

Operational Phase

2017

- Co-chairs: CRD Director – Robin Sharpe; Northern Health - Lynnette Winsor
- Steering Committee: 18-member stakeholder group
- Delivery of Stream 2 funding for \$7500 – Empowering Family Health program
- Facilitator re-hired to work with Empowering Family Health steering committee to develop 11 workshops in the North Cariboo rural areas; support Seedy Saturday event; gift a lending library of food preservation and processing books in 5 communities; and promote the program at events & Farmers Markets
- Number registered in workshops – 119
- Group email distribution list grows to over 300 people

2018

- Co-chairs: CRD Vice Chair John Massier; Northern Health Environmental Health Officer Lynnette Winsor
- Steering Committee: 16-member stakeholder group

- Receipt of Imagine grant for \$2,225.00 to expand school gardens at Barlow Creek Elementary and Carson Elementary
- Request for Proposals distributed to Community Associations, School District 28 schools, and Empowering Family Health group email list
- Imagine grant application for March 2019 intake completed to establish an indoor growing area at Correlieu Secondary School, establish a Medicine Garden and plant fruit trees at Bouchie Lake Elementary and support Friends of Bouchie Milburn Society host a workshop series on food processing, storing and preservation.
- Group email distribution list grows to over 330 people

Represented organizations include:

CO-CHAIRS: Director John Massier; Area C North Cariboo Lynnette Winsor; Environmental Health Officer, Northern Health (Quesnel)	Community CRD North Cariboo
Heloise Dixon-Warren; Growing North Cariboo Society	North Cariboo
Lynda Atkinson; Kersley Farmers Institute / District H Farmers Institute	Kersley
Lori Fogarty; FARMED / Growing North Cariboo Society	North Cariboo
TBD; North Cariboo Aboriginal Family Program Society (dba Longname Society)	North Cariboo
Sue Myles; Friends of Bouchie-Milburn Society	Bouchie Lake
Wilma Watkin; Growing North Cariboo Society / FARMED	North Cariboo
Laurey-Anne Roodenburg; City of Quesnel	Quesnel
Susan MacNeill; Senior's Advocacy Service	North Cariboo
Wylie Bystedt; Quesnel Farmers Market	North Cariboo
Tara Johima; Parkland Community Association	Parkland
Janet Knopp; Growing North Cariboo Society / FARMED	North Cariboo
Sheila Gibbons; Baker Creek Community	Baker Creek
Sharon Primeau; Resident	North Cariboo
Lynne Postnikoff; Quarter Acres Farm	Quesnel
Karen Smith; Kersley Community	Kersley

For more information go to:

Growing North Cariboo Society and the P4HC: NC <https://farmed.ca/growing-north-cariboo-projects/>
Empowering Family Health <https://empoweringfamilyhealth.blogspot.com/>