

Sechelt Garden Club

Local food security to support seniors and children

Chris Hergesheimer BA MA PhD

Dr Chris Hergesheimer has spent 15 years working in Canada, Haiti, Ecuador in the “food space” focusing on Fair Trade, Food Sovereignty and Food Security issues. He currently heads up the Food Programs for Sunshine Coast Community Services among other things.

A surprising fact is that although Food Banks are great resources for emergency food supplies, many studies have shown that only 20-25% of people with food insecurity access Food Banks. Other access points and programs are required to help those other folks dealing with food insecurity due to poverty. Monthly average food costs for a family of 4 is around \$1,311, and 1 in 5 people working full time can't fully afford good food.

Some of the programs Chris has been working on and developing:

Fresh food for all - Affordable Produce Market - referral based - users pay what they can, local farmers are paid full price for their produce.

Fresh Fruit Fund - non-cashable coupons are distributed for fruit purchases at a BC Fruit Stand

Food Literacy and capacity building activities



Chris Hergesheimer

Budget conscious cooking classes

Farmers Market Nutrition Coupon Program - \$95,000 has been returned to local farmers in the past 3 years. Coupons can be used to purchase a wide variety of items at sustainable prices for the farmers.

Peer led gardening projects

Shares in “Crop Circle” local CSA program

Good Food Committee Development

Sunshine Coast Food Bank and associated services and projects.

Chris Hergesheimer cont'd

Some of the places food is sourced from - 4-5000 lbs donated annually by the SC Botanical Garden, School garden projects, local grocery stores, local farmers and gardeners.

Sunshine Coast Community Services are developing a facility that will be able to process and add value so that more food can be salvaged from seasonally surplus supplies.

Chris challenged the Sechelt Garden Club to help - here are some ideas:

Grow and donate **1000 lbs of food** - drop any food items off at the food bank on Tuesdays

Volunteer to plant, tend and harvest at the SCCS Garden

Become a mentor to someone who might like to learn how to grow.

Consider making a monetary donation. He suggested \$1000 to match the weight of the produce.

For safety and insurance reasons, they can't pick fruit from your trees, but would love to accept fruit that you can harvest and donate.

For more information or to volunteer, check out the Food Security Programs page on the Sunshine Coast Community Services website.



Chris Hergesheimer speaking at SGC meeting Feb 26 photo by LT

Upcoming Events

March 24 Vancouver Master Gardeners' event at Michael J Fox Theatre, Burnaby - Speaker Thomas Hobbes "Gardening Well in Today's World", and others.

April 21 11:00-12:30 SGC members tour of the Sunshine Coast Botanical Garden Picnic lunch weather permitting email Gerri Randall to sign up randallgerri@gmail.com

May 25 SGC Plant and Bake Sale Please pot of plants now. More info to follow

June 23 Strawberry Tea see p.3



WE NEED VOLUNTEERS

Plant and Bake Sale

We will need members to help make our activities a success, socially and financially.

The plant and bake sale coming up this spring will require lots of help.

- potting up plants for the plant sale.

Maybe your neighbour has garden plants that need dividing.

- labelling plants and baked goods

- setting up and taking down tables etc

contact lee.tidmarsh@gmail.com if you can help

Strawberry Tea

Gerri Randall is forming a committee to organize the Strawberry Tea being held at the Botanical Garden on Sunday June 23

Guests are welcome

She will need volunteers as well to help out on the day of the event

contact: randallgerri@gmail.com



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Next SGC Meeting

March 25, 7 pm

Senior Activity Centre Trail Ave

Speaker: Lucretia Farnberger on
regenerative soil and no dig gardening

Bring name tag and coffee/tea cup