

# *FOOD CHI* A FOOD STRATEGY FOR THE SOOKE REGION

## ***WHAT IS FOOD CHI?***

FOOD CHI is a volunteer group of concerned individuals, food producers and consumers representing the Sooke Region from East Sooke to Port Renfrew. The aim of the group is to ensure access to good, local and fair food for all residents of our region.

## ***THE VISION***

- All citizens of our region have access (opportunity, knowledge, and resources) to produce, acquire, eat, enjoy and celebrate nutritious local food.
- A vibrant, sustainable food culture and cuisine rooted in viable local production, historical and First Nations knowledge and environmental stewardship.
- Citizen needs and desires for local, affordable, healthy food and cuisine inform food and agricultural policy, legislation and regulations at all levels of government.

**THANK YOU TO OUR  
GENEROUS SPONSOR**



Financial support for this project provided by Vancouver Island Health Authority's "Community Food Action Initiative" through ActNow BC - the government of BC's investment in promoting healthy choices through a partnership-based, community-focused approach to improve nutrition, increase physical activity and reduce tobacco use.

## ***What are our Challenges?***

- We produce between 5 -10% of the food we consume on Vancouver Island. The remaining 90-95% travels an average of 2,000 km to get to our plate.
- Currently the Island has only a 3 day supply of fresh food in our food stores.
- Globalized food production and distribution relies heavily on petrochemicals at all levels. Petrochemicals are rising in cost and dwindling in supply.
- The Sooke Region is rapidly growing in population. With this growth challenges around traditional farming, fishing and wild harvesting are more noticeable and are also increasing.

### ***Ideas to address the challenges specific to our Region:***

- Collectives leasing and working existing underused farmland.
- Forming of a Farm Trust to purchase farm land.
- The creation of new allotments.
- Improving markets and distribution networks.
- Assistance (knowledge, expertise and labor) for people who have the space and want to start gardening on their own property.
- Support & expansion of the existing Community Gardens.

These ideas, coupled with incentives to buy locally, could lead to a healthier population, growing local economic development and a sustainable regional community. Do you want to lead a healthy and vibrant life? Take action today.

## ***What can YOU contribute?***

Contact Kate Kittredge [kkittredge@telus.net](mailto:kkittredge@telus.net). Phone: (250) 213-6695  
Facebook Group: Sooke Food CHI