

Services to Seniors Coalition – North Shore

Co-Chairs

- Trish Alsop, *North Shore Neighbourhood House, and John Braithwaite Community Centre*
- Margaret Coates, *Lionsview Seniors' Planning Society*

About the Coalition

The ***Lionsview Seniors' Planning Society*** is the host agency for the Services to Seniors Coalition – North Shore. The Coalition has been operating since 1992 and is the planning table for issues facing seniors and services to seniors on the North Shore. The 50+ participating organizations and individuals represent a wide spectrum of service providers. We come together as the Coalition to network, plan services and supports strategically, and set priorities and target resources for collaborative action.

Contact the Coalition

C/o Lionsview Seniors' Planning Society
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Agenda

Tuesday, February 21, 2023
12:00 pm to 1:30 pm

By Zoom

1. **Welcome: by Trish Alsop (2 minutes)**
2. **Acknowledgement (1 minute)**
3. **Introductions (5 minutes)**
4. **Presentations – introductions Joni**

Topic: Food Security, Food Insecurity

Presenters:

Dr. Tammara Soma – SFU food lab

Food Insecurity Goal # 2 is of high importance – **Zero World Hunger.**

There will be 690 million chronically hungry people by 2050.

5.8million people in Canada are currently food insecure.

1 in 5 of these people are children.

1 in 7 people are working poor that can't make ends meet.

How did we get here?

Food Regime # 1 – 1870-1930 Settler Colonial Regime

- Controlled on a world scale under British hegemony and colonialism.
- Displacement of indigenous people/ development of the railway

Food Regime # 2 – 1950-1970

- Regime was shaped by US power. Took control of food regulating, creating a chronic food surplus on production and exporting
- Rise of industrialize agribusiness sector and cheap food.

Food Regime #3 – 1980-current The Emergent Global Regime

- Aggressive corporate influences backed by international institutions / Supermarket revolution.

Lexicons:

Food Poverty
Food Insecurity
Hunger
Undernutrition
Marginalized food insecurity
Medium food insecurity
Sever food insecurity.

Global Food Crisis - "There is food on the shelves but people are priced out of the market"

Beyond hunger.....the impact

- Malnutrition
- More vulnerability and poorer physical health (diabetes and heart disease).
- Mental health problems
- Stunting and wasting in children
- Premature death

Paradox of waste amidst hunger.

- Globally, 1.3 billion tons of edible food is wasted annually.
- One trillion worth of food is wasted.
- In Canada - \$49 million of food wasted annually
- 60% of all food is wasted.

Increased cost of housing is causing many working poor to have to prioritize budget with very little \$ left to provide for food.

Article on Transportation and Food Access:

www.bmcpublichealth.biomedcentred.com/articles/

Conversation:

Rubina Jamal - Coordinator of Table Matters North Shore

Looking for a cultural change in attitudes about food. Lifestyle has diminished the importance of good eating habits. People are on the run with food being unimportant.

National Food Policy

Role of Corporations.

Table Matters Network – Is funded by Vancouver Coastal Health. The purpose of the network is to connect groups together that are concerned with food security.

Food Charter – Operating Principal

Health Access

Food Cultural and leadership

Food Security

How do we build community through food.

Food insecurity is complex. Increased cost of housing. Increased cost of transportation.

These elements are linked and can result in food insecurity.

NSNH – Food Bank Tricia Alsop

Huge uptake in \$ accessing the food bank over the last several months. Hours of operation have increased to accommodate the numbers.

There are currently 855 lives affected weekly by the NS Food Bank. This number is increasing by 5-10 people weekly.

Barrier: People register for the food bank in Vancouver to access the North shore Food Bank. Universities are starting to host food banks for students.

Food banks were originally brought about as a stop gap measure to support low income families. It is no longer a stop gap. It is a necessity for many people.

Food Banks can create community, allowing for users to access with dignity. Examples of this are:

- Food Hub - Allowing users to shop about and select what they are wanting.
- Librarians could be present to read stories to children while parents socialize.
- Sharing gardens can be created.
- Provide a soup and coffee social for members.

Squamish Nation- Lucie Neliba

Hosting a Family and Children's food program

<https://www.thegrowcer.ca/featured-farmers/2022/5/6/squamish-nation-strengthening-food-sovereignty-and-community-food-programs>

<https://www.squamishchief.com/local-news/squamish-nation-grows-plans-for-food-security-with-hydroponic-farm-3793452>

BC CARE, Inge S. Is now delivering the Meals on Wheels program on the North Shore.

"Health and Happiness – creating a social environment around food. The VCH Congregate Meal program is operating on the North Shore

5. Next meeting: March 21, 2023 – Seniors Mental Health – Post Pandemic!

Kathryn Green – Older Adult Mental Health Team – Recreation Therapist

Rebecca and Megan – Navigator Solutions Program, North Van City

6. Lionsview Seniors' Planning Society acknowledges and honours that we live and work on the unceded territories of the Coastal Salish people, including the St'at'imc, S?wxwú7mesh (Squamish), x?m??k??y??m (Musqueam) and s?!?ilw?ta?? (Tsleil-Waututh) Nations.