



# HEAL

*Planting the seeds of HEAL<sup>th</sup> in Northern BC*

Healthy Eating & Active Living  
in Northern British Columbia  
Issue #6: February 2003



## HEAL Heroes Launch Feb. 22<sup>nd</sup>



**H**eroes have been spotted in northern BC, and HEAL is launching a program to honour them.

HEAL Heroes awards celebrate the organizations, people, and communities providing role models for healthy eating and active living.

Among the first recipients are Diabetes Educator Louise Lefebvre and Chef Barry Barone, who are HEAL Heroes for their work in encouraging healthy eating through their popular workshops.

Bob Scott of Scott Family Farms and DART (Drug Awareness Response Team) is another recipient. Scott's work with recovering addicts includes

employing them to tend neglected and abused landscapes and nurture them back to health as a metaphor and model for their own recovery.

Other recipients at the launch will include Patrick Lucas, whose commitment, along with partner Emily Hansen, to greening Prince George has led to the start of a rooftop gardening program.

April Ottesen of Sassafras Savouries and Community and Yvonna Breed, organic gardener and one of the founders of the Prince George farm market and Food First, will be honoured for their work in creating a more food secure Prince George.

Several HEAL Heroes will be traveling to Prince George for the

ceremony. Quesnel Mayor Nate Bello will accept the honour on behalf of the City of Quesnel, for that community's extensive, paved walkway system.

Burns Lake's Family Centred Program will be awarded HEAL Hero status for their work in providing healthy alternatives to First Nations families.

The Bulkley Valley Trail Society was nominated by a resolution of the Telkwa Council for their work in planning a 12 km, non-motorized recreation trail between Telkwa and Smithers.

The full list of HEAL Heroes will be announced the week of February 17<sup>th</sup>.

### You're invited!

The public is invited to the gala launch, which includes a breakfast catered by Sassafras Savouries, an awards ceremony and presentations by HEAL Heroes.

Tickets are \$10 and can be reserved by calling Jovanka Djordjevich, (250) 564-3859.

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### Contributors:

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Send comments, ideas & resources to HEAL c/o Cathryn Wellner, cwellner@grassrootsgroup.com



## Dawson Creek's Gardens

Dawson Creek FoodShare

Last summer, with the help of a HEAL grant, we were able to further develop the College Community Garden and prepare two new sites.

### College Garden

The 16 garden plots ranged from 20X16 to 40X48. Seniors, single moms, a single native male, mental health consumers, minister, students and two families were all active gardeners.

The Advantage Workers Cooperative weeded the garden, groomed the small fruit orchard,

and maintained pathways and vacant garden spaces.

The orchard is "bearing fruit". Gardeners harvested rhubarb, gooseberries, and crabapples. The lilac hedge creates a wind shelter and fence. Two large Schubert Cherry trees make a grand entrance.

A new garden shed is slated for the college garden. Gardeners will be able to safely store their equipment and hoses and have a place to take a break to sit and sip lemonade and socialise.

### Dampier Community Garden

The Dampier Community Garden is named in memory of Paul Dampier who worked during his years at Northern Lights College to bring the community and college closer together.

With help from the Northern Lights College Foundation, we will build a steel arch entrance bearing the garden name.

### New Gardens

Two new gardens will open in spring. The garden on 17<sup>th</sup> street

will be managed by the Nawican Friendship Centre. They will target youth to develop and maintain the garden.

The site on 108<sup>th</sup> will be a neighbourhood garden. Both will provide excellent opportunities for citizens to garden in their neighbourhoods.



## Dawson Creek Food Security Project Launched

Dawson Creek Food Share

With funding from the Vancouver Foundation, the Dawson Creek Food Share's research project was launched January 15.

Food Share is a coalition of community groups and concerned citizens who have been working together since 1997 to develop strategies for providing food security in the community.

The research project will 1) track usage of and the demand for food security programs 2) monitor, measure and document the impact of participation in food security initiatives 3) initiate new food security programs and or modify existing programs, based on initial research findings.

## Lac La Hache Elementary Students Eager for Fruits & Veggies



Students eager to pay 10¢ a try for an old-fashioned cake walk, where the prize is bowls of fruits and vegetables? Uh, right...in our dreams—or at Lac La Hache

Elementary, one of the HEAL Schools making healthy choice the easy choice.

Principal Marjatta Chapman, staff, dedicated parents, and interested students have formed an advisory council. The fruit & veggie walk is just one of the ways they are making it easier to replace chips and pop with healthier options.

The HEAL Schools project includes four elementary schools in School District #27 but is attracting more. We'll give periodic updates.

## Seeds Are Sprouting at Acwsalcta School

The Acwsalcta School HEAL project 2002 revolved around a garden and greenhouse producing fresh, healthy food. With gardeners in the fresh air doing manual work, the project can have a positive influence on individuals with or at risk for type two diabetes.

Gilles Dionne, a landowner here in the Bella Coola valley, offered land for our vegetable garden. Gilles' land is close to the school, so students were able to get back and forth easily. We planted 1,625 lineal feet of four different varieties of potatoes and had good crops of three: Norland, Banana fingerling, and Penta.

The school began using potatoes for various events

(lunches, community feasts) as soon as we were harvesting. We have estimated our total potato production at about 1000 pounds. The potatoes were used for the school Christmas feast and will continue to be utilized by the school until supplies run out.

Potatoes were our main crop but we also had some onions, tomatoes, peppers, squash, cucumbers and pumpkins.

The new greenhouse at Acwsalcta School has been framed by the work experience students and is ready to be closed in with plastic for the 2003 season. While we intend to utilize the greenhouse for student use and education we also plan to sell greenhouses to the community for the cost of production, including labour.

This is part of our effort to establish a link between backyard

and the kitchen, while giving students valuable experience with greenhouse gardening. We will also be promoting economic development and entrepreneurial initiatives around farming.

During the summer we employed two students to look after the garden. Both had been involved in the initial planting. The two girls, Andrea and Kimberley, hilled potatoes, weeded and watered the garden, thinned the onions, staked tomatoes, etc.

We had a good start during 2002, and we look forward to continuing the work during the 2003 season, thanks to the contribution made by HEAL in Northern B.C.

*Thank'— you from all of us at Acwsalcta School and the Nuxalk Nation.*

*Sincerely, Paul Renaud,  
Economic Development Officer*



## The Good Food Box

By Jovanka Djordjevich

### The Good Food Box

The Good Food Box is a monthly bulk produce buying program open to anyone interested in good nutrition and stretching food dollars. No membership is required. By pooling your money with others, you increase your buying power and can expect to save 30%-40% on your fresh fruit and vegetable purchases. The program aims to help build a healthier community and local food system by encouraging consumption and appreciation of locally grown farm produce. When local supplies are exhausted, we purchase through local wholesalers.

### What's in the Box

The contents of the box vary from season to season, depending on

local availability, pricing and quality. You can expect at least 15 different types of produce in every box including potatoes, onions, carrots, salad greens and apples. The monthly newsletter inserted into every box promotes local farmers and food events and includes healthy recipes to help you make the most of the produce you have purchased.

### How do I order the box?

Call 564-3859 to find the most convenient Prince George depot for you and then drop your \$15.00 cash payment (exact change please) off at that depot's registration centre by the first Friday of the month. The Good Food Boxes are delivered to the depots on the third Wednesday of the month.

## Dig in, with School Gardens

**School Gardens** - <http://www3.sympatico.ca/gary.spears/Schoolgardens1.HTML> (Developed by a University of Toronto student, links divided by topics - benefits, how-tos, lesson plans, etc.)

**City Farmer** - <http://www.cityfarmer.org/schgard15.html#School> (Canadian site, lots of good links on the page)

**School Gardens** - <http://aggie-horticulture.tamu.edu/kinder/sgardens.html> (American site, more good links)

**UC Davis site** - <http://commserv.ucdavis.edu/CESanDiego/Schlgrdn/HomePage.html>

**Chilliwack Museum** - <http://chilliwack.museum.bc.ca/history/agri/youth/sg.htm> (This one gives some history - back to school gardens in 1904.)





# The Growing HEAL Family

And this is only part of the family, of course, because HEAL is creating links among healthy eating and active living projects all over northern BC. These are just the projects HEAL has been able to help fund.

## Active living projects:

- Canoe Creek Band activities program
- Cariboo Family Connections project for low-income mothers
- Cariboo Chilcotin Community Development Centre project for Indo-Canadian families
- Telkwa-Smithers Trail
- Williams Lake WorkWell

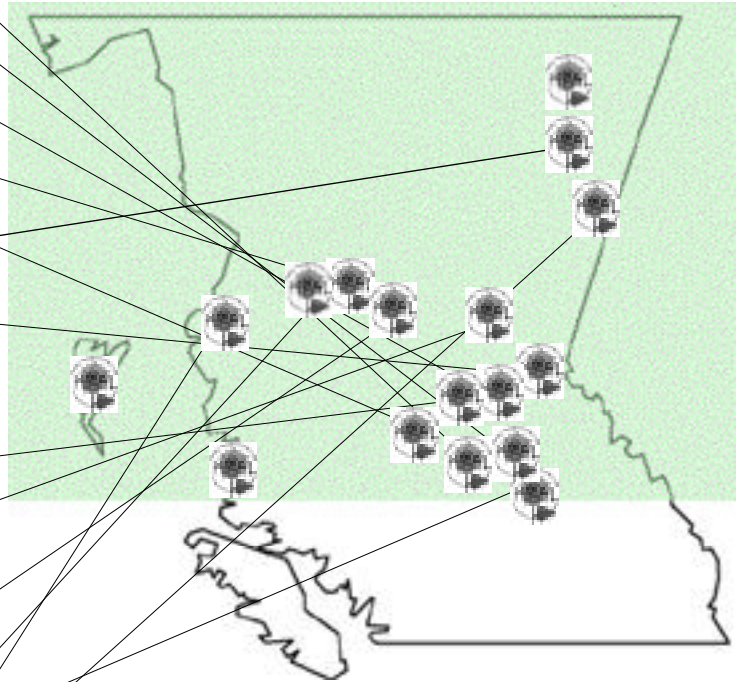
## Food projects:

- Fort St. John Friendship Society Community Kitchen Project
- Horsefly Community Development Centre Cooperative Buying & Awareness Project
- Masset Good Foods - Active Living Storefront Project
- School District #27 School Food & Nutrition Project
- Prince George Native Friendship Centre

## Community gardens:

- Bella Coola Acwsalcta School Greenhouse & Garden
- Burns Lake Community Garden
- Canim Lake Band Community Garden
- Dawson Creek Community Garden Network
- Fort Nelson Community Garden
- Smithers Northern Root Society
- Terrace Anti-Poverty Group Society

## HEAL Demonstration Projects



## New HEAL Projects for 2003/2004

**HEAL HEROES** will honour those leading the way in healthy eating & active living in northern BC

**HEAL GUIDE** will map healthy eating & active living, including community kitchens, community gardens, trails, bike paths, restaurants serving local and organic foods, farm markets, and more.

## If you've spotted a HEAL Hero...



Be a HEAL Hero Spotter and send your nominations to HEAL. Nomination forms can be downloaded from <http://grassrootsgroup.com/healheroes.htm>.

**Write, call, e-mail, fax & let us know how you are Planting the Seeds of HEAL<sup>th</sup>**



## To join the growing network, contact HEAL:

Check out the Web site: <http://grassrootsgroup.com/heal.htm> & find contact info. for your regional reps  
 Call (250) 296-4432; fax (250) 296-4429  
 E-mail Project Coordinator Cathryn Wellner: [cwellner@grassrootsgroup.com](mailto:cwellner@grassrootsgroup.com)  
 Or write: HEAL, Box 15 Miocene, Williams Lake, BC V2G 2P3