

Food Insecurity Indicator	Data Source	Data
Demographic Indicators		
population % of elderly % under 17 % Aboriginal % of single parent households % income under 20000 Median annual family income % of HH spending >30% of their income on shelter Social assistance rates %pop 19-64 on IA but employable EI beneficiaries % pop w/out high school completion children in care rate %immigrants	Socioeconomic profiles for Local Health Areas - 2005: http://www.bcstats.gov.bc.ca/data/sep/lha/lha_main.asp Vernon (22) Armstrong/Spall (21) 2001 NORD census profile http://www.bcstats.gov.bc.ca/data/cen01/profiles/59037000.pdf	<ul style="list-style-type: none"> • population – A/S =10233, V=62517, total=72750 a/s=14%, v=86% • % elderly –A/S=16.8%, V=17.9% (BC 13.8%) region=17.6% • % under 17 – V=20.1%, A/S=16.8% (BC 20.2%) region=19.6% • % Aboriginal –A/S=4.0%, V=4.7% (BC 4.4%) region=4.6% • % single parent – V=31.0%, A/S=23.6% (BC=25.7) region=30% • % income<20000 –A/S=10.7%, V=11.7% (BC 12%) region=11.6% • average income – V=55911, A/S=54,280 (BC 64821) region=55683 • pay >30% housing –A/S=25.1%, V=27.7 (BC 28.6%) region=27.3% • IA rates – V=5.8%, A/S=2.9% (BC=3.7%) region=5.4% • %IA employable –A/S=0.4%, V=0.8% (BC 0.7%) region=0.7% • % on EI (4qt average to 09/05) – V=3.6%, A/S=3.6% (BC 3.1%) region=3.6% • % no high school – V=20.4%, A/S=22.7% (BC 17.2%) region=20.7% • child in care (per 1000 age 0-18) Dec 05 – V=14.6, A/S=15.2 (BC 9.8) region=14.9 <ul style="list-style-type: none"> • %Immigrant population in NORD (2001 census) – 11%
Health-related indicators Prevalence of dietary-related disease Mortality from dietary-related disease Rates of obesity/overweight Low birth weight	Okanagan HSDA 2003 http://www.bchealthyiving.ca/resources/documents/risk_factors_background.pdf Socioeconomic profiles for Local Health Areas - 2005: http://www.bcstats.gov.bc.ca/data/sep/lha/lha_main.asp Vernon (22) Armstrong/Spall (21) Low birth weight, teen preg for Local Health Area (LHA) 2005 http://www.vs.gov.bc.ca/stats/quarter/index.html For Status Indians in British Columbia	Okanagan HSDA (2003): <ul style="list-style-type: none"> • Smokers, Men=22.1%, Wom=22.6% (worst 25%), Total=22.3% (BC Men=21.3, Wom=16.1, tot=18.7) • <5 f&v/day, Men=64.5% (worst 25%), Wom=49.6%, Tot=56.8% (worst 25%) (BC Men=59.3, Wom=48.9, tot=54) • Physically inactive, Men=40.1%, Wom=44.4%, Tot=42.3% (all worst 25%) (BC men=35.9, Wom=41.8, tot=38.9) • Overweight, Men=58.7%, Wom=41.9%, Tot=50.1% (BC men=51.5, Wom=33.2, tot=42.3) <ul style="list-style-type: none"> • life expt @ birth, avg 2001-2005 – A/S=81.4, V=79.7 (BC 80.8) region=79.9 • inf mort rate (per 1000 live births), 2002-04 – V=3.1 (BC 4.1) • PYLL natural causes per 1000, 2000-04 – V=37.2, A/S=29.3 (BC 33) region=36.1 <ul style="list-style-type: none"> • low birth weight 05 – V=4.1%, A/S=3.8% (BC=5.2%) region=4.1% • teen preg 05 – V=5.6%, A/S=no incidents (BC=3.3%)

	<p>http://www.vs.gov.bc.ca/stats/indian/indian2002/pdf/SIreport_92_02.pdf</p>	<p>Status Indians OK HSDA 99-02:</p> <ul style="list-style-type: none"> • pop 8098 in 2002 – 303780 total, % of total pop=2.66% (BC=3.3%) • live expec – 74.3 (82.8 other residents) • live birth rate per 1000 pop – 9.3 (24.6 others) • low birth weight per 1000 live births – 46.5 (50.5 others) • prem births per 1000 live – 69.9 (63 others) • live birth rate to teen moms/1000 live – 150.1 (56.2 others) • inf mort/1000 live – 4.4 (4.6 others)
<p>Accessibility of transportation (including cost)</p>	<p>BC Transit http://www.bctransit.com/regions/ver/fares/tax_exempt_pass.cfm & http://www.bctransit.com/regions/ver/fares/</p> <p>Allan Brooks Map site shows bus routes http://www.shim.bc.ca/atlas/nord/main.htm</p> <p>Questionnaires/Interviews</p>	<ul style="list-style-type: none"> • Tax Exempt Bus Pass: Beginning July 1, 2006, you can save on each monthly bus pass purchased by claiming a 15.25% tax credit on your income tax return. Simply keep your monthly pass and dated receipt, and print your name on the back of the pass. In addition to claiming your own cost of transit passes, you can make a claim on behalf of your spouse or common law partner and your children under the age of 19. • How to Claim Your Bus Pass: Keep your monthly pass and dated receipt. If you use ProPass, U-Pass or YouthPass, you can also claim your passes by keeping the appropriate receipts — or in the case of ProPass users, keep your payroll stubs. • Claiming Your Spouse/Common-law Partner: In addition to claiming your own cost of transit passes, you can make a claim on behalf of your spouse or common law partner and your children under the age of 19 <p>Fares as of 16 July 2004</p>

		<table border="1"> <thead> <tr> <th><i>Cash Fare</i></th> <th><i>One Zone</i></th> <th><i>Multi Zones</i></th> </tr> </thead> <tbody> <tr> <td>Adult</td> <td>\$2.00</td> <td>\$2.50</td> </tr> <tr> <td>Senior*</td> <td>\$1.75</td> <td>\$2.25</td> </tr> <tr> <td>Student to Gr. 12**</td> <td>\$1.75</td> <td>\$2.25</td> </tr> <tr> <td>Child under 5 years</td> <td>no charge</td> <td>no charge</td> </tr> <tr> <td colspan="3"><i>10 Tickets</i></td> </tr> <tr> <td>Adult</td> <td>\$16.00</td> <td>\$22.50</td> </tr> <tr> <td>Student</td> <td>\$14.00</td> <td>\$20.25</td> </tr> <tr> <td>Senior</td> <td>\$14.00</td> <td>\$20.25</td> </tr> <tr> <td colspan="3"><i>Day Pass</i></td> </tr> <tr> <td>Adult</td> <td>\$4.00</td> <td>\$5.00</td> </tr> <tr> <td>Student</td> <td>\$3.50</td> <td>\$4.50</td> </tr> <tr> <td>Senior</td> <td>\$3.50</td> <td>\$4.50</td> </tr> <tr> <td colspan="3"><i>Monthly Pass</i></td> </tr> <tr> <td>Adult</td> <td>\$50</td> <td>\$55</td> </tr> <tr> <td>Senior</td> <td>\$40</td> <td>\$45</td> </tr> <tr> <td>Student to Gr. 12</td> <td>\$40</td> <td>\$45</td> </tr> <tr> <td>Special Monthly Pass for Students***</td> <td>\$25</td> <td>\$30</td> </tr> </tbody> </table> <p>Reduced fare for persons aged 65 or older, with valid ID **Reduced fare for students in full-time attendance to grade 12, with valid Student ID. *** The Special Monthly Pass for Students is valid on school days only.</p> <ul style="list-style-type: none"> • allan brooks map site shows transit routes – stops accessible to lower income areas, bus schedule very sporadic, routes to outlying communities run very seldom (e.g. Vernon to Lumby 3 times per day) • food insecure community members mentioned issues with buses not running often enough, bus stops not always convenient, hard to carry large quantities on the bus – no mention of issues with cost 	<i>Cash Fare</i>	<i>One Zone</i>	<i>Multi Zones</i>	Adult	\$2.00	\$2.50	Senior*	\$1.75	\$2.25	Student to Gr. 12**	\$1.75	\$2.25	Child under 5 years	no charge	no charge	<i>10 Tickets</i>			Adult	\$16.00	\$22.50	Student	\$14.00	\$20.25	Senior	\$14.00	\$20.25	<i>Day Pass</i>			Adult	\$4.00	\$5.00	Student	\$3.50	\$4.50	Senior	\$3.50	\$4.50	<i>Monthly Pass</i>			Adult	\$50	\$55	Senior	\$40	\$45	Student to Gr. 12	\$40	\$45	Special Monthly Pass for Students***	\$25	\$30
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<p>Voter registration Residential mobility Charitable giving seniors living alone unpaid care to seniors mobility</p>	<p>voter registration and voting data http://www.elections.bc.ca/elections/vpstats01/vpstats010516.htm#B Charitable giving http://www.bcstats.gov.bc.ca/releases/info2006/in0647.pdf</p>	<ul style="list-style-type: none"> • voting stats 2001 – # eligible voters 42045, 85% eligible voters who registered, 59% eligible voters who voted, 69% registered voters who voted (highest voting age group 65-74) • charitable giving BC 2nd quarter 2006 24% who filed tax returns showed donations (national 25%) • unpaid care to seniors 2001 census NORD – 15% people noted as providing 																																																						

	Seniors living alone Residential mobility, Number of hours spent providing unpaid care to seniors – 2001 NORD census profile http://www.bcstats.gov.bc.ca/data/cen01/profiles/59037000.pdf	<ul style="list-style-type: none"> seniors living alone 2001 – 85% seniors in NORD live alone (BC 80%) mobility/migration – 17% moved in to NORD in 2000 (16% BC) – non movers in NORD 83%
Food Knowledge, Preparation and Consumption Indicators		
percentage of income spent on monthly Nutritious Food Basket (Health Canada’s food costing tool)	Cost of Eating in BC, Dietitians of Canada/Community Nutritionists Council of BC, 2006 (BC wide statistics)	<ul style="list-style-type: none"> family of 4 on welfare = 41% single parent 2 children on welfare = 32% family of 4 on low earned income = 29% family of 4 average income = 19%
Nutritional quality of school meals	School Food and Nutrition Policy Project, Final Report, Interior Health, March 2004, data on Silver Star Elementary & Seaton Secondary	<ul style="list-style-type: none"> silver star improved their overall access to healthy foods seaton working at providing healthier choices for students – many barriers faced so not as successful as silver star
Nutritional quality of food provided at charitable food operations	questionnaires/interviews focus group	one issue raised was that the mission was given too many sweets (doughnuts, etc) and not enough healthy food
Consumption of fruits and vegetables	Okanagan Health Service Delivery Area (HSDA) http://www.bchealthyliving.ca/	<5 f&v/day, Men=64.5% (worst 25%), Wom=49.6%, Tot=56.8% (worst 25%) (BC Men=59.3, wom=48.9, tot=54)

Food Production

Indicator	Data Source	
Basic Production Statistics		
Number of farms	Socioeconomic profiles for Local Health Areas - 2005: http://www.bcstats.gov.bc.ca/data/sep/lha/lha_main.asp Vernon (22) Armstrong/Spall (21) Regional District of North Okanagan Agricultural Overview, BC Ministry of Agriculture and Lands, 2005 (based on 2001 Census Data)	<ul style="list-style-type: none"> total land area – V=5511.6 sq km, A/S=260.1 sq km, region=5771.7 sq km percentages – V=95%, A/s=5% Urban rural split 2001 – 67% urban, 33% rural # farms reporting 2001 = 1175 (1187 in 1996, 1234 in 1986)
Total area of farms	Regional District of North	1996 =58571, 2001=72606

(hectares)	Okanagan Agricultural Overview, BC Ministry of Agriculture and Lands, 2005 (based on 2001 Census Data)	
Land use	Regional District of North Okanagan Agricultural Overview, BC Ministry of Agriculture and Lands, 2005 (based on 2001 Census Data)	Crops=28%, summerfallow=0.6%, managed pasture=9.4%, unmanaged pasture=46%, other=16%
Top crops (hectares)	Regional District of North Okanagan Agricultural Overview, BC Ministry of Agriculture and Lands, 2005 (based on 2001 Census Data)	1 st =Field Crops (alfalfa, tame hay & fodder crops, barley, corn for silage, wheat) 2 nd =Fruits, nuts & berries (apples, strawberries, sweet cherries) 3 rd =Other (no breakdown) 4 th =veggies (sweet corn, other, squash/pumpkins/zucchini, asparagus, green peas)
Number of organic farm	Regional District of North Okanagan Agricultural Overview, BC Ministry of Agriculture and Lands, 2005 (based on 2001 Census Data)	26 total organic farms; 14 fruits/veg/greenhouses, 11 field crops, 1 animal, 9 other
Average farm size	Regional District of North Okanagan Agricultural Overview, BC Ministry of Agriculture and Lands, 2005 (based on 2001 Census Data)	2001=61.8 ha (BC 127.5), 1996=49.3 ha (BC 126.5)
Number and % of large, medium and small farms	Regional District of North Okanagan Agricultural Overview, BC Ministry of Agriculture and Lands, 2005 (based on 2001 Census Data)	2001= >161ha=6%, 52-161ha=16%, 4-52ha=60%, <4ha=18% 1996= >161ha=5%, 52-161ha=16%, 4-52ha=58%, <4ha=21%
Number and types of food processors	The BC Food Processors directory at http://www.agf.gov.bc.ca/foodprocessing , 2007 Telus Pages, Vernon Area, 2006-2007 The Shuswap/North Okanagan Foodshed: An Initial Database,	<ul style="list-style-type: none"> • Gambrinus Malting Corp, Armstrong, Products: Beer, Malt, Grains, Whole Grains • H & P Sausage Ltd, Vernon, Products: Sausage: European, Gluten-Free, Low Fat, MSG-Free • Hedway Sales Ltd, Vernon, Products: Cheese, Soy Cheese, Soy, Products, Soy Loaves, Soy Spreads, Soy, Slices, Soy Toppings, Dairy Substitute • Medallion Meats Corp, Falkland, Products: Beef, Bison • P & D Enterprises, Vernon, Products: French Fries, Hash Brown Potatoes, Potatoes • Planet Bee Honey Farm & Gift Shop, Vernon, Products: Bee Pollen, Bee

	<p>Shuswap Food Action Coalition, Jen Gamble, 2006</p>	<ul style="list-style-type: none"> • Propolis, Bee, Royal Jelly, Beeswax, Honey, Brands: Planet Bee • Ritter & Son House of Sausage Ltd, Vernon, Products: Beef, Cured Pork, Sausage, Ham/Smoked • Rogers Foods Ltd, Armstrong, Products: Cereals and Cereal Products, Energy Bars, Flour: Rye/Wheat, Granola, Oatmeal, Brands: Rogers • Village Cheese Company (The), Armstrong, Products: Cheddar and Gouda Cheese, Cream Cheese, Flavoured Cheese, Brands: Farmstead Artisan Cheese, The Village Cheese Company • Sweetwater Springs Ltd, Armstrong, Products: Spring Water • White's Ginseng Farm, Vernon, Products: Black Cohosh, Chinese, Medicinal Herbs, Echinacea, Ginseng and Ginseng Products including Ginseng Capsules, Medicinal Ginseng Root, Ginseng Tea, and Ginseng Powder, Golden Seal Root, Herbal Products, Herbs, St. John's Wort • Max Voets Coffee Roasting Ltd, Vernon, Products: Coffee, Brands: Voet's • Hunting Hawk Vineyards, Vernon, Products: Wine: Blush, White, Red, Dessert • Okanagan Spring Brewing Co, Vernon, Products: Beer: Ale, Lager, Porter, Brands: Okanagan Spring, Sleeman • OK Produce Plus • Vale Farms • Valley Produce • Burke's Fruits & Veggies • Otter Lake Mobile – Armstrong mobile chicken slaughter • Armstrong Meat Market • Mike Roberts – mobile slaughter Armstrong • Meadowlark Farm Armstrong eggs & Chicken • Colonial Farm Armstrong eggs & chicken <p>23 total</p>
Food system and community economic health		
<p>Farming employment and income, including off-farm income</p>	<p>interviews</p>	<p>all 5 interviews supplemented with off-farm income</p>
<p>Total gross farm receipts (excluding forest products sold) (\$)</p>	<p>Regional District of North Okanagan Agricultural Overview, BC Ministry of Agriculture and Lands, 2005 (based on 2001 Census Data)</p>	<p>2001 (2000\$)=\$83,993,442, 1996 (1995\$)=\$78,659,559 Average gross receipts/farm 2001 (2000\$)=\$71,484 (62.9% of BC average)</p>
<p>Farm operating expenses</p>	<p>Regional District of North</p>	<p>2001 (2000\$) – expenses=\$79,624,384, wages=\$11,259,977,</p>

	Okanagan Agricultural Overview, BC Ministry of Agriculture and Lands, 2005 (based on 2001 Census Data)	total=\$90,884,361
Total farm capital (market value \$)	Regional District of North Okanagan Agricultural Overview, BC Ministry of Agriculture and Lands, 2005 (based on 2001 Census Data)	2001 (2000\$)=\$762,501,773, 1996 (1995\$)=\$650,661,586 Division of Capital 2001: <ul style="list-style-type: none"> • Land & Buildings=82% of total • Farm machinery & equipment=11% • Livestock and poultry=7%
Land Tenure	Regional District of North Okanagan Agricultural Overview, BC Ministry of Agriculture and Lands, 2005 (based on 2001 Census Data)	2001 - Owned=59%, Leased/Rented=41% 1996 – Owned=68%, Leased/Rented=32%
Average age of farmers	2001 Census Ag quick profile for NORD	Average age = 52.6
Availability of agricultural land to new farmers	questionnaires/interviews	Very low – land costs prohibitive – organic classification time and cost consuming (see producers compiled answers)
Contribution of agriculture to the region’s economy	Socioeconomic profiles for Local Health Areas - 2005: http://www.bcstats.gov.bc.ca/data/sep/lha/lha_main.asp Vernon (22) Armstrong/Spall (21)	V=3%, A/S=10%, region=3.3% (based on land percentages)
Agritourism Operations	BC Agritourism Alliance www.agritourismbc.org 2007	Davison Orchards, Planet Bee Honey Farm & Gift Shop, Chickadee Ridge Miniatures (horses), Good N Plenty Produce (Armstrong), Allan Brooks Nature Centre [5 total] (all members of BC Agritourism Alliance)
Net change in land in the ALR by Regional District	Regional District of North Okanagan Agricultural Overview, BC Ministry of Agriculture and Lands, 2005 (based on 2001 Census Data)	ALR 2001 – 8.6% of total land area <i>since designation of ALR in 1974 there is a net decrease of 6.2%</i>
Cost of land	Canadian Farm Credit Corporation at http://www.fcc-fac.ca/en/OnlineServices/flv_online_service_e.asp	Cost per hectare, NORD 2005-2007 average: <ul style="list-style-type: none"> • Cultivated land = \$31,983 • Cultivated/irrigated = \$67,927 • Pasture = \$5,366
Agricultural plans implemented	Spallumcheen Agricultural Area Plan recommendations working	Spallumcheen implemented process for development of an ag plan

	draft 1, Aug 2006	
Food system and regional environmental health		
Identified environmental issues in farming communities	Questionnaires/interviews Focus on the Future: Developing the Agri-Food Industry in BC, Final Report, March 31, 2006	overall environmental pressures identified but not prioritized
Availability of Local Food		
Exports vs. local sales	Questionnaires/interviews	all those interviewed or who submitted questionnaires stated it was easier to export than sell locally selling locally incurs advertising, transport, packaging, and retailing that are paid for by the buyer when sold for export
Ability of local farms to meet the nutritional needs of local consumers	interviews/questionnaires Regional District of North Okanagan Agricultural Overview, BC Ministry of Agriculture and Lands, 2005 (based on 2001 Census Data)	current local production won't meet all nutritional needs but could not enough winter crops planted so local availability is season-dependent
Non-Farm Production		
Number of community gardens, number of plots, and food produced	steering committee	no official currently running community gardens – plot available at John Howard
The location of community gardens (in relationship to low-income or high density neighborhoods)	steering committee	plot available at John Howard
Degree to which gardening space and space for food production is incorporated into city planning	steering committee	currently not part of city planning in Vernon
Population density	Local Health Areas & Municipalities in BC, prepared by BC Stats, 2005	A/S = 39.3, V=11.3 (BC 4.6) region=12.7
The amount of produce that is harvested from city orchards and backyard fruit trees	steering committee	gleaning project successful in 05/06, lost funding for 06/07 - trying to secure funding for 07/08
Small scale household animal husbandry or honey production/distribution	The BC Food Processors directory at http://www.agf.gov.bc.ca/foodpr	small number of honey producers (Stawns, Planet Bee, e.g.) – no producers interviewed or responded to questionnaires

rocessing 2007

**Food Distribution
Basic Distribution Statistics**

<p>Number of Wholesalers</p>	<p>The BC Food Processors directory at http://www.agf.gov.bc.ca/foodprocessing/rocessing_2007</p> <p>Telus Pages, Vernon Area, 2006-2007</p> <p>The Shuswap/North Okanagan Foodshed: An Initial Database, Shuswap Food Action Coalition, Jen Gamble, 2006</p> <p>Interviews/Questionnaires</p> <p>BC Cooperative Association on-line directory of members http://www.bcca.coop/onlinedir/search.htm</p>	<ul style="list-style-type: none"> • Gambrinus Malting Corp, Armstrong, Products: Beer, Malt, Grains, Whole Grains • H & P Sausage Ltd, Vernon, Products: Sausage: European, Gluten-Free, Low Fat, MSG-Free • Hedway Sales Ltd, Vernon, Products: Cheese, Soy Cheese, Soy, Products, Soy Loaves, Soy Spreads, Soy, Slices, Soy Toppings, Dairy Substitute • P & D Enterprises, Vernon, Products: French Fries, Hash Brown Potatoes, Potatoes • Planet Bee Honey Farm & Gift Shop, Vernon, Products: Bee Pollen, Bee Propolis, Bee, Royal Jelly, Beeswax, Honey, Brands: Planet Bee • Ritter & Son House of Sausage Ltd, Vernon, Products: Beef, Cured Pork, Sausage, Ham/Smoked • Rogers Foods Ltd, Armstrong, Products: Cereals and Cereal Products, Energy Bars, Flour: Rye/Wheat, Granola, Oatmeal, Brands: Rogers • Village Cheese Company (The), Armstrong, Products: Cheddar and Gouda Cheese, Cream Cheese, Flavoured Cheese, Brands: Farmstead Artisan Cheese, The Village Cheese Company • Sweetwater Springs Ltd, Armstrong, Products: Spring Water • Organic Milling Cooperative, Armstrong, Products: spelt processing • White's Ginseng Farm, Vernon, Products: Black Cohosh, Chinese, Medicinal Herbs, Echinacea, Ginseng and Ginseng Products including Ginseng Capsules, Medicinal Ginseng Root, Ginseng Tea, and Ginseng Powder, Golden Seal Root, Herbal Products, Herbs, St. John's Wort • Max Voets Coffee Roasting Ltd, Vernon, Products: Coffee, Brands: Voet's • Hunting Hawk Vineyards, Vernon, Products: Wine: Blush, White, Red, Dessert • Okanagan Spring Brewing Co, Vernon, Products: Beer: Ale, Lager, Porter, Brands: Okanagan Spring, Sleeman • Davison Orchards, Vernon, produce • OK Produce Plus, Vernon, produce • Vale Farms, Lumby, organic beef & produce • Pilgrim's Produce, organic produce, Armstrong • Ringo-En Orchards • Valley Produce, Vernon, produce
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		<ul style="list-style-type: none"> • Burke’s Fruits & Veggies, Vernon, produce • Mike Nikolaisen, Armstrong, Feedlot • Armstrong Meat Market • Mike Roberts, mobile slaughter, Armstrong • Meadowlark Farm, Armstrong, eggs & chicken • Colonial Farm, Armstrong, eggs & chicken • Ken & Dorothy Barton, Vernon, produce • Ken Berkholtz, Armstrong, produce • Arthur & Daphne Cayford, Armstrong, orchard & hay • Little Creek Farm, lamb/produce, Coldstream • The Pumpkin Patch, Armstrong, produce & cattle • Mike Hamblett, Armstrong, organic garlic & herbs • Will Hayward, certified organic stevia, tomatoes & basil, Vernon • Bill & Normi Illidge, Armstrong, corn & market veggies • Mark & Corrine Jeppesen, Armstrong, barley, ginseng & asparagus • Eagle Rock Berry Farm, Armstrong, berries potatoes corn • Maw’s Orchard, Armstrong, orchard, hay, cattle • Kim & Randi Maygard, Armstrong, produce • Gloria & Dave McClure, Armstrong, asparagus, hay • John McKechnie, Armstrong, produce, canola, barley • Carol Odagiri, Armstrong, saskatoons • Norm & Karen Patterson, Armstrong, asparagus • Good & Plenty, Armstrong, produce • Jim & Gerry Saiko, Armstrong, hothouse veggies • Barb & Walt Vandenberg, Armstrong, asparagus, cattle • Ernie & Ann Wasyliuk, Armstrong, produce • Stepney Hills Farm, Armstrong, produce • Ellen’s Creations, Armstrong, jam & pickles • Interior Vegetable Marketing Agency Cooperative • Organic Spelt Growers Cooperative, Armstrong <p>50 total</p>
<p>Number of Mainstream Retailers</p>	<p>Telus Pages, Vernon Area, 2006-2007</p>	<p>Safeway – 2 stores, Save-on, Polson Super A, Butcher Boys, Superstore, Real Canadian Wholesale, Hunter Store, Happy Days, Buy-low, Askews (Arm), Big Buy, Coopers, Coldstream Market, Corner Grocery (landing), Deep Creek Gen Store (Arm), A Fine Kettle Of Fish, Mediterranean Market, Falkland Store, Frank’s Gen Store (Lumby), Sheardown’s (Lumby), M&M’s, Kalamalka General Store, Little Kingdom (OKIB), Bakers Dozen, Lavington Superette, Lavington Shell, PV Grocery (Arm), People’s Store, Village Market, Neehoot</p>

		Grocery (OKIB), 7-11 (3 in V, 1 in A/S) 36 total
Alternative retailers (co-ops, Farmers Markets)	<p>BC Association of Farmers Markets, BC Market Directory http://www.bcfarmersmarket.org/directory/index.htm 2006</p> <p>Telus Pages, Vernon Area, 2006-2007</p> <p>The Shuswap/North Okanagan Foodshed: An Initial Database, Shuswap Food Action Coalition, Jen Gamble, 2006</p> <p>BC Cooperative Association on-line directory of members http://www.bcca.coop/onlinedir/search.htm</p>	<ul style="list-style-type: none"> • Vernon Farmers Market (site on directory) • Vernon Fri Night Farmers Market (site on Directory) • Swan Lake • Quality Greens • Natures Fare • Simply Delicious • Pilgrims Produce • Bella Vista Farm Mkt • Davison Orchards • Burke's Fruits & Veggies • Ringo-En Orchards • LG Fruit & Produce (arm) • Mabels Melons (lumb) • log barn foods (arm) • Aberdeen Farm Market • Vitality foodservice (Arm) – juices • Armstrong food co-op & food delivery • PV fruit & garden centre <p>18 total + informal food cooperatives</p>
Number of people who attend farmers markets, amount spent at farmers markets	Economic and Community Impact Assessment: Vernon Farmer's Market, Connell, Taggart, Humphrey, Hillman, UNBC, 2006	<ul style="list-style-type: none"> • Estimated number of customers per market session = 1680 • 1680/session – 1680/62517= 2.68% shop at the farmers market/session • Average customer spends \$18.86 • Total Economic Impact on local economy = \$1.2 mill annually
Fruits and vegetables that are most widely available (locally produced)	Economic and Community Impact Assessment: Vernon Farmer's Market, Connell, Taggart, Humphrey, Hillman, UNBC, 2006	Apples, strawberries, sweet cherries, plums, apricots, corn, asparagus, potatoes, zucchini, squash, pumpkins
Number of Good Food Box depots	steering committee	<ul style="list-style-type: none"> • 9 depots • cost \$7 or \$12 • Available monthly • funding garnered for another year (funding is not permanent)
Number of Community Service Groups	Can We Help You Community Directory 2006, Social	137 (based on providing a free community service within the North Okanagan regional district)

	Planning Council for the North Okanagan, http://www.canwehelpyou.ca	
Number of community kitchens	steering committee	<ul style="list-style-type: none"> • 94 kitchens completed (73 last year) • 6330 food portions prepared (4741 last year) • av price \$0.76/portion (0.75 last year) • av # participants 55-60 (40-50 last year) • funding is ongoing but insufficient
Number of community food resources per capita (or per 10,000 population)	Can We Help You Community Directory 2006, Social Planning Council for the North Okanagan, http://www.canwehelpyou.ca , food and food security section Socioeconomic profiles for Local Health Areas - 2005: http://www.bcstats.gov.bc.ca/data/sep/lha/lha_main.asp Vernon (22) Armstrong/Spall (21)	23 listed 72750 population 3.16 services/10000 population
Number of charitable food resources and number per capita low-income food banks/food rescue programs soup kitchens shelters with meals mobile kitchens	Can We Help You Community Directory 2006, Social Planning Council for the North Okanagan, http://www.canwehelpyou.ca , food and food security section Socioeconomic profiles for Local Health Areas - 2005: http://www.bcstats.gov.bc.ca/data/sep/lha/lha_main.asp Vernon (22) Armstrong/Spall (21)	17 charitable services Income<20000 pop: A/S=1095, V=7314, tot=8409 17/8049 = 0.002 services per capita low income
Mainstream retail		
Availability of local and/or organic compared to conventional produce in mainstream retail stores	Questionnaires/interviews	<ul style="list-style-type: none"> • Easier to find through alternative retailers • Organic seen more than local
Price of local/organic compared to conventional	Questionnaires/interviews	Local and organic more expensive

<p>Location of supermarkets and convenience stores in a community</p>	<p>Telus Pages, Vernon Area, 2006-2007 Allan Brooks Map site http://www.shim.bc.ca/atlases/nord/main.htm questionnaires/interviews</p>	<ul style="list-style-type: none"> • Large chain stores are mostly at the north end of town – not very accessible as most low cost housing is in the west and south • 1 large chain store downtown (smaller in size than north end stores) • 1 small chain store in west side, 1 in south, 1 in northeast, 1 in the northern part of downtown, 1 in Lumby, 1 in Armstrong – slightly more expensive than large chain stores • convenience stores located in all areas of town – easily accessible – much higher prices than grocery stores
<p>Distribution of fast food outlets (including convenience stores) and relation to low income neighborhoods</p>	<p>Telus Pages, Vernon Area, 2006-2007</p>	<ul style="list-style-type: none"> • most fast food outlets are in the north end of town • A&W, Subway in Fruit Union Plaza & McDonalds on Okanagan Landing are easily accessible from low income neighbourhoods
<p>Number of fast food outlets per capita</p>	<p>Telus Pages, Vernon Area, 2006-2007</p>	<ul style="list-style-type: none"> • 3 mcdonalds (1 in Armstrong) • 2 a&W (1 armstrong) • 4 tim hortons • 1 wendys • 1 burger king • 1 quiznos • 3 subway (1 armstrong) • food court at mall (edo, Chinese, subway, a&w, taco time) <p>20 outlets 72750 population 2.7 outlets per 10000 population</p>
<p>Location of large and other grocery stores relative to public transportation and walking routes</p>	<p>above data in relation to Allan Brooks Map site http://www.shim.bc.ca/atlases/nord/main.htm</p>	<ul style="list-style-type: none"> • all large grocery stores are on public transit routes • Downtown Safeway and the wholesale club are within walking distance of one lower-income neighbourhood • require a significant amount of time for travel as most stores are not close to the low income neighbourhoods
<p>Alternative retail</p>		
<p>Existence of food buying cooperatives or community food retail outlets</p>	<p>BC Cooperative Association on-line directory of members http://www.bcca.coop/onlinedir/search.htm The Shuswap/North Okanagan Foodshed: An Initial Database, Shuswap Food Action Coalition, Jen Gamble, 2006</p>	<ul style="list-style-type: none"> • no BCCA registered food purchase coops in this region • informal cooperatives identified in questionnaires • Armstrong food co-op & delivery service
<p>Number of urban delivery</p>	<p>questionnaires/interviews</p>	<ul style="list-style-type: none"> • Safeway provides delivery at a cost for seniors & homebound

operations (e.g., SPUD)	The Shuswap/North Okanagan Foodshed: An Initial Database, Shuswap Food Action Coalition, Jen Gamble, 2006	<ul style="list-style-type: none"> • Salmon Arm organic delivery service serves whole North Okanagan • informal delivery services provided for specific populations (care homes, etc)
Residents' degree of participation in and satisfaction with local farmers' market arrangements economic impact	Economic and Community Impact Assessment: Vernon Farmer's Market, Connell, Taggart, Humphrey, Hillman, UNBC, 2006	<ul style="list-style-type: none"> • 48.6% shop at the market weekly, 20.5% shop 2-3 times/month, 24.7% once a month or less • 1680/session – 1680/62517= 2.68% shop at the farmers market/session • Annual estimated economic impact – \$1.2 million
Number of farmgate stands	The Shuswap/North Okanagan Foodshed: An Initial Database, Shuswap Food Action Coalition, Jen Gamble, 2006	<ul style="list-style-type: none"> • Vale Farms, Lumby • Aberdeen Farm Market • Pilgrims Produce • Bella Vista Farm Mkt • Davison Orchards • Burke's Fruits & Veggies • Ringo-En Orchards • LG Fruit & Produce (arm) • Mabels Melons (lumb) • PV fruit & garden centre • Ken & Dorothy Barton, Vernon, farmgate • Arthur & Daphne Cayford, Arm, farmgate • Mark & Corrine Jeppesen, Arm, farmgate • Maw's Orchard • Gloria & Dave McClure, Arm, farmgate • Carol Odagiri, Arm, farmgate • Norm & Karen Patterson, Arm, farmgate • Good & Plenty Farm • Jim & Gerry Saiko, Arm, farmgate • Barb & Walt Vandenberg, arm, farmgate • The Log Barn, Arm <p>21 total</p>
Charitable Food Indicators		
Demographics of residents accessing charitable food sources	questionnaires/interviews/focus group	<ul style="list-style-type: none"> • residents accessing Upper Room Mission are homeless or low income, they provide service to anyone in need • Vernon Food Bank did not respond • group with needs being met the least are low income families
Where charitable food comes	questionnaires/interviews/focus	most charitable food is donated by retailers & local producers when it is not

from and the amount that is local	group	sold to consumers – usually close to expiry
Programs that provide food and/or nutritional information/support for people with specific health issues (e.g., diabetes, HIV/AIDS)	questionnaires/interviews/focus group steering committee	<ul style="list-style-type: none"> • food bank/community services will supply food supplements (boost) for those with dr referral – must be on disability pension • prenatal nutrition program at First Nations Friendship centre provides nutritional information, dairy products, and vitamins to expectant mothers
Charitable food provider policies regarding how food is accessed (line-ups, praying before food is provided etc.)	questionnaires/interviews/focus group	<ul style="list-style-type: none"> • food bank policies (from people accessing service – was unable to interview the food bank itself) - 1 hamper/2 months, have to prove lack of income to access service • mission – prayer before lunch provided – planning on changing that policy to volunteer attendance at services

Food Diversion Indicators

Is edible food from various sources – institutions, retail grocers, restaurants and food processors – donated?	questionnaires/interviews	Yes, all food producer, distributor, and processor respondents donated unsold food to charitable organizations
Is inedible food from various sources – institutions, retail grocers, restaurants and food processors – composted?	questionnaires/interviews	1 food producer respondent mentioned composting leftover produce

Sustainability

Indicator	Data Source	Available Data
Sustainability Indicators		
Residents’ access to resources needed to participate in food policy development	steering committee	there is access currently (until end of 2007) because of OCP process
Existence of nutrition and/or food procurement policies for public institutions	questionnaires/interviews steering committee School Food and Nutrition Policy Project Final Report, March 2004, Interior Health	<ul style="list-style-type: none"> • Nutritional policies in place at school district and health services • Food procurement policies only speak about cost and nutrition, not about buying local/organic
Number and viability of food-related social enterprises	questionnaires/interviews	<ul style="list-style-type: none"> • GFB cooperative – no long-term funding tho • Community Kitchens – ongoing funding but under-funded
Number of agri-food organizations and programs that are active in the community	questionnaires/interviews	<ul style="list-style-type: none"> • BC Food Processors Assoc, BC Tree Fruits, BC Livestock Association, PACS, COABC, North Okanagan Organic Association, Farmers’ Market Association (7 total)
Existence, nature, and implementation of local policies	questionnaires/interviews Spallumcheen Agricultural Area Plan	<ul style="list-style-type: none"> • no current policies specific to food, policies on land use and agriculture within city limits

around food, agriculture and land usage	recommendations working draft 1, Aug 2006	<ul style="list-style-type: none"> Spallumcheen’s new ag plan
Food-related economic development initiatives or community-owned processing ventures	questionnaires/interviews BC Cooperative Association on-line directory of members http://www.bcca.coop/onlinedir/search.htm	IVMA Coop, Farmer’s Market Association, Organic Millers Coop, Organic Spelt Growers Coop (5 total)
Residents’ access to resources needed to grow food or purchase food grown regionally on a sustainable basis	questionnaires/interviews	<ul style="list-style-type: none"> access to resources or regional products increases in summer lack of producers planting winter crops costs of selling product locally is usually more than exporting
Organization of stakeholders established and ongoing	steering committee	<ul style="list-style-type: none"> mobilization of more stakeholders as a result of community meeting sustainability plan