

Burin Peninsula

Community Led Food Assessment: 2010-2011



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On Behalf of: The Food Security Network of Newfoundland and Labrador

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Table of Contents

1. Background of Project	4
1.1 Purpose	
1.2 Defining Community Food Security	
1.3 Acknowledgements	
2. Methodology	6
3. Environmental Scan	8
3.1 Location and Geography of the Burin Peninsula	
3.2 Demographics	
3.3 Economic	
3.4 Cost of Healthy Eating	
3.5 Community Food Production & Sharing	
3.6 Transporting Food to the Burin Peninsula	
4. Community Food Security Asset Analysis & Priority Setting	20
4.1 Community Food Asset Analysis	
4.2 Community Priority Setting	
5. Community Action Plan	23
Conclusion	33
Appendices	34
Appendix A – Questions Asked During Community Meetings	
Appendix B – Results of Food Security Consultations on the Burin Peninsula	
Appendix C – Burin Peninsula Detailed Geography	
Appendix D – The Cost of Healthy Eating in Eastern Health Region	
Appendix E – Annual Breastfeeding Initiation Rates	

1. Background of Project

1.1 Purpose

The purpose of the Burin Peninsula Community Led Food Assessment Project is to conduct a food security assessment for the region of the Burin Peninsula that encompasses the Burin Peninsula Rural Secretariat Region¹ to develop community-based solutions to community food security challenges: identifying local solutions for local people.

This project is unique in that it is the first Community Led Food Assessment initiative to be conducted in Newfoundland and Labrador that includes such a vast geographic area. This assessment was undertaken to engage local parties to identify viable and realistic strategies to positively impact access to nutritious food and increase the overall health of communities and residents.

Potential outcomes from this project include:

- Greater awareness and understanding of food-related issues
- Development of new and stronger networks and partnerships
- Increased community participation in shaping the food system
- Improved program development and coordination
- Enhancing community capacity
- Sustainability of the community food system

1.2 Defining Community Food Security

For the purposes of this report the definition of Food Security is the definition crafted by the Food Security Network of Newfoundland and Labrador, "Food security occurs when all people at all times have access to enough food that is affordable, safe and healthy; is culturally acceptable; meets specific dietary needs; is obtained in a dignified manner; and is produced in ways that are environmentally sound and socially just".²

1.3 Acknowledgements

The Food Security Network of Newfoundland and Labrador in partnership with Eastern Health has worked collaboratively with community members and local organizations from across the Burin Peninsula to conduct the Burin Peninsula Community Led Food Assessment.

A Steering Committee has been engaged to provide local direction and knowledge to the project with members from local organizations that have been involved and provided support to the project. Community groups that have been engaged include:

¹ This is the same geographic area as covered by the Local Regional Economic Development Board, Schooner Regional Development Corporation.

² <http://www.foodsecuritynews.com/What-is-food-security.htm>

- The Smallwood Crescent Community Centre (SCCC)
- The Salvation Army Food Bank
- The Burin Peninsula Environmental Reform Committee (BPERC)
- The College of the North Atlantic (CNA)
- The Schooner Regional Development Corporation (SRDC)
- Burin Peninsula Brighter Futures Inc.
- Municipalities and Local Service Districts
- The Fortune Bay East Development Association
- The Placentia West Development Association

2. Methodology

The material for this report was compiled from primary and secondary research.

Primary Research

Primary research included consultations and meetings held over the course of the project in Newfoundland and Labrador - primarily on the Burin Peninsula. Consultations were held with Brighter Futures clients in Burin and Lamaline; grocery and convenience store owners and personnel; and one-on-one discussions were held with key informants on the Peninsula.

Community consultations on the Burin Peninsula included meetings in the Placentia West Area (South East Bight to Red Harbour), Fortune Bay East Area (English Harbour East to St. Bernard's -Jacques Fontaine), Greater Lamaline Area (St. Lawrence – Lamaline), Grand Bank and Fortune area. The consultation in the Marystown Burin area was held with the Community Steering Committee members primarily from that area, 50+ Group in Burin, and a meeting with professionals which included some residents from the area.

During each community consultation participants were asked to answer the 5 questions provided in Appendix A; provide action items; and to prioritize the action items discussed during the meeting. The meeting held with professionals, also included 3 additional questions to obtain a response unique to their professional expertise.

Information gathered through community consultations and key informant interviews was compiled in a summary document³ that was provided to the Steering Committee members during a meeting in May 2011. The purpose of this meeting was to discuss the results from the consultations, and to identify priority action items for the final report. Committee members were invited to this meeting, as well as representatives from community groups that would potentially be involved in action of the priority items.

The steering committee identified nine priorities that included: community gardens, social gathering / skill development, connecting farmers with residents, fish markets, berries, land, farmer's markets, composting and education.

After identifying these items, the committee recognized that each of these priorities could be categorized under three headings provided below:

1) Community Gardens

- Composting
- Land

2) Local Foods

- Connecting farmers with residents

³ The summary document can be found in Appendix B.

- Farmer's markets
- Fish markets
- Berries

3) Social/Education

- Skill development
- Education

The steering committee proceeded to discuss each of the three categories above; this discussion framed the action items that are provided in the Community Action Plan found in Section 5.

Primary research also included attending the Winter Gathering hosted by the Food Security Network of Newfoundland and Labrador, where representatives from provincial and federal government, industry stakeholders and organizations provided valuable information and feedback.

Secondary Research

Limited local secondary data was available with the exception to information included in Community Accounts, collected by the Newfoundland and Labrador Department of Finance; and reports obtained through projects commissioned by the Schooner Regional Development Corporation. The lack of secondary information available indicates an information gap pertaining to food security that warrants further research into factors that impact food security on the Burin Peninsula and other isolated rural areas of this province.

3. Environmental Scan

3.1 Location and Geography of the Burin Peninsula

The Burin Peninsula is located on the eastern part of the south coast of Newfoundland and Labrador - extending to the southwest from the main island portion of Newfoundland separating Fortune Bay (to the west) from Placentia Bay (to the east). It measures approximately 130 kilometres in length and between 15 to 30 kilometres in width.⁴

Of the 39 communities on the Peninsula, the Town of Winterland is the only community that is not located on the coast. This community was initially established as a farming community; however in recent years the majority of the farming families have reduced farming operations and it has become primarily a residential community where residents work in other areas of the Peninsula.

A detailed description of the geological composition of the Burin Peninsula can be found in Appendix C, which is an excerpt from the Land Base Assessment Report commissioned and led by the Schooner Regional Development Corporation in 2005. Appendix C highlights the Peninsula's geology, ecological composition, the impact of climate and weather patterns, and relevance of elevation data as it is often important in determining and understanding the regions environmental characteristics.

Figure 1.0: Map of the Burin Peninsula



⁴ http://en.wikipedia.org/wiki/Burin_Peninsula

3.2 Demographics

The 2006 Census population for the Burin Peninsula Rural Secretariat Region was 21,600. This represents a decline of 8.9% since 2001 (21,600 in 2006, down from 23,710). Over the same period, the entire province experienced a population decrease of 1.5% since 2001 (505,470 in 2006, down from 512,930). The median age in the Burin Peninsula Rural Secretariat Region was 43 in 2006. The 2006 median age in Newfoundland and Labrador was 42.⁵

Approximately 60% of the people live in communities that have a population of 1,000 or more. The only town with a population over 5,000 is Marystown, which is the main service centre for the region.

As the Burin Peninsula covers such a vast geographic area, it is often divided into the following 5 geographic sub-area regions by local residents⁶:

Figure 1.1 Burin Peninsula Sub-areas

Area	Estimate Population	Number of towns included
Burin / Marystown	10,470	12
Fortune Bay East	2,115	7
Placentia West	1,530	9
Grand Bank / Fortune	4,995	3
Greater Lamaline	3,055	7

Each sub-area in Figure 1.1 includes the following communities:

- **Burin / Marystown Area:** Frenchman's Cove, Garnish, Winterland, Lewin's Cove, Burin, Marystown, Epworth – Great Salmonier, Fox Cove – Mortier, Beau Bois, Spanish Room, Rock Harbour, Jean De Baie.
- **Fortune Bay East Area:** St. Bernard's - Jacques Fontaine, Bay L'Argent, Little Bay East, Harbour Mille – Little Harbour, Terrenceville, Grand Le Pierre, English Harbour East.
- **Placentia West Area:** Red Harbour, Rushoon, Baine Harbour, Parker's Cove, Boat Harbour, Brookside, Petite Forte, Southeast Bight, Monkstown⁷.
- **Grand Bank / Fortune Area:** Fortune, Grand Bank, Grand Beach.
- **Greater Lamaline Area:** Little St. Lawrence, St. Lawrence, Lawn, Lord's Cove, Point au Gaul, Lamaline, Point May.

⁵ Information provided in Section 3.2 has been taken from Community Accounts:
http://www.communityaccounts.ca/communityaccounts/onlinedata/accountselectionpage.asp?_vb7FnYmXulCv0q.Yjp-Fg5upv7iUko7JvJl.

⁶ Estimated populations extracted from Community Accounts based on 2006 Census Data.

⁷ Monkstown is often considered to be part of the Fortune Bay East area due to geographical proximity; however it is included in the Placentia West Area population numbers on Community Accounts and therefore is included in the Placentia West Area in Figure 1.0 above.

Migration

Out-migration has been a trend on the Burin Peninsula - especially since the cod moratorium in the early 1990s. The 2006 Census identified that the residual net migration for the Burin Peninsula was -2.1%, which resulted in a reported 455 individuals leaving the region since 2001.

The Burin Peninsula experienced a higher out-migration percentage than the province rate of -0.6%.⁸ However, it should be noted that the out-migration trend is directly impacted by the regional economic conditions and lack of quality employment opportunities for local residents. The trend is also impacted by factors such as local perception, social infrastructure, access to amenities, and general quality of life in the area.

According to Community Accounts, 9.6% of the population on the Burin Peninsula migrated between 2001 and 2006.⁹ (The migrants include people who, on Census Day, were residing in a different Census Subdivision five years earlier or who were living outside Canada five years earlier.)

The timeframe from 2001 – 2006 included significant marine fabrication / industrial work on the Topsides of the White Rose Floating Production Storage Offloading vessel (FPSO) at the Kiewit Offshore Services (KOS) Facility in Mortier Bay, (located next to Marystown). Many industrial workers came to the Burin Peninsula during that time to work on the FPSO; some brought their families and others, while the majority of workers included tradesperson who came leaving their families behind.

During peak project times there were approximately 1500 people employed at the KOS Facility. It is interesting to note that KOS had a safety incentive program where workers received food vouchers for the local Sobey's supermarket. This incentive program resulted in a decrease of injuries and an increase of workers receiving food vouchers.

The Burin Peninsula constantly experiences migratory behaviour with people who work in the industrial trades. Industrial work in the area is cyclical, and as a result when work is available in the region more people remain in the area. However, when local work is not available, many of the families with industrial workers maintain a year round family residence on the Burin Peninsula, with the industrial worker 'working mobile'; meaning the workers migrate to and from the job site.

It is worthy to note that industrial workers that 'work mobile' live in all sub-areas of the Burin Peninsula; and people that came to work on the Peninsula during the White Rose Project lived in many of the sub-areas of the Peninsula.

⁸ Source: www.communityaccounts.ca Note: *Net migration using the residual method is calculated by subtracting the current population from the population in the previous year and then removing the affect that births and deaths has on the population. By doing so, the remainder/residual is the number of people who migrated into or out of the area.*

Marital Status

On the Burin Peninsula in 2006, there were 10,740 legally married (not separated), 1,445 widowed, 720 divorced, 285 separated, 8,415 single people (never legally married). It is interesting to note that there were 4,250 people 17 years of age or younger.

Births

In 2009 there were 175 births on the Burin Peninsula. This is a 2.9% increase since 2008 when there were 170 births. The total birth rate for 2008 for the Burin Peninsula was 7.8, which is slightly less than the provincial birth rate of 9.7.

It is worthy to note that starting in January of 2008; residents of the province who gave birth to a baby were given a \$1,000 lump sum payment under the Progressive Family Growth Benefit. Parents also received \$100 per month for the first 12 months after a child was born under the Parental Support Benefit.

Fertility Rate

The fertility rate on Burin Peninsula in 2008 was 1.34, which is slightly less than the provincial fertility rate of 1.53. The fertility rate is an estimate of the average number of live births a female can be expected to have in her lifetime, based on the age-specific fertility rates of a given year.

Deaths

In 2009 there were 170 deaths on Burin Peninsula which is the same number as 2008. The median age of death on the Burin Peninsula from 2004-2009 was 77, which is similar to the median age of death in Newfoundland and Labrador from 2004-2009 which was 78.

3.3 Economic

The Burin Peninsula also referred to as "The Boot" by many, is a region rich in history, culture and tradition. The Burin Peninsula, similar to many other areas of the province, has traditionally relied upon the exploitation of its natural resources to drive its economy – primarily the fishery.

The fishery continues to play a major role in the region's economy; however the economic landscape of the Peninsula includes other sectors such as: marine fabrication, small based manufacturing, aquaculture, mining, trade and export, tourism, retail sales and services, and agriculture.

Marine fabrication has traditionally been cyclical work on the Peninsula, with the majority of employment being provided at the Kiewit Offshore Facility located in Mortier Bay – adjacent to Marystown. Mining interests are primarily based in St. Lawrence with the ongoing efforts to rejuvenate the Fluorspar mine. There has been employment

growth in the Grand Bank / Fortune area with the establishment and activity of Dynamic Air Shelters, an Alberta based company that has relocated to the area.

The majority of retail sales and services are located in the Burin / Marystown area, Grand Bank, Fortune and St. Lawrence. This impacts the availability for members of smaller and remote communities to access larger grocery stores across the Peninsula.

Concerns were raised, during the community consultations, of the perception that Sobeys has a monopoly on the food supply for the area. Specific concerns included the reduction of options available to consumers (ex: Dominion's 'Blue Product' Line is no longer available locally); and the recent increase in prices for groceries.

The perception of a monopoly was explored, and it was learned that Empire Group does include Sobeys, Foodland, Price Chopper, IGA, TRA Atlantic, Needs Convenience, and Lawtons¹⁰. Some of the smaller grocery stores on the Peninsula do purchase from alternate suppliers including Atlantic Grocery Distributors (which is often the supplier of choice for stores operating under the retail banners of *Foodex*, *Foodstop*, *Value Grocer*, and *Atlantic Convenience* as well as independent grocers throughout NL).¹¹

Gross Individual and Family Income

According to Community Accounts, "The 2006 gross income for every man, woman, and child (gross personal income per capita) on Burin Peninsula was \$20,100, compared to the provincial gross personal income per capita of \$22,900. After tax personal income per capita, adjusted for inflation, was \$13,500 for the Burin Peninsula in 2006."¹²

Half of the males on the Burin Peninsula received more than \$25,300 in income during 2006, while half of females received more than \$15,200. Half of the males in Newfoundland and Labrador received more than \$27,100 in income during 2006, while half of females received more than \$16,600. The national values were \$33,600 for males and \$21,200 for females.

Half of the couple families on the Burin Peninsula had incomes of more than \$50,600 in 2006. Half of the couple families in the province had incomes of more than \$56,500. The national value was \$70,400.

Half of the lone parent families on the Burin Peninsula had incomes of more than \$23,800 in 2006. Half of the lone parent families in the province had incomes of more than \$25,300. The national value was \$33,000.

¹⁰ <http://www.sobeyscorporate.com/en/Home.aspx>

¹¹ <http://www.agdnl.ca/profile.php>

¹² Information provided in Section 3.3 has been taken from Community Accounts:

http://www.communityaccounts.ca/communityaccounts/onlineData/accountselectionpage.asp?_vb7FnYmXulCv0q.Yjp-Fg5upv7iUko7JvJl.

The average couple family income in Burin Peninsula was \$60,500 in 2006. The average couple family income in the province was \$69,200. The national value was \$89,600.

Income Type

The 2006 self-reliance ratio for the Burin Peninsula was 68.5%. This is a measure of the community's dependency on government transfers such as: Canada Pension, Old Age Security, Employment Insurance, Income Support Assistance, etc. A higher self-reliance ratio indicates a lower dependency. The self-reliance ratio in the province was 78.5%.

Market Income and Sources

In 2006, the sources of market income for persons on the Burin Peninsula were:

- Employment Income (11,310 persons reporting \$23,700 average income)
- Investment Income (2,950 persons reporting \$1,500 average income)
- RRSP Income (90 persons reporting \$5,600 average income)
- Private Pension (1,480 persons reporting \$12,700 average income)
- Other Income (1,850 persons reporting \$4,400 average income)

Government Transfer Income

In 2006, the sources of Government Transfer Income for persons on the Burin Peninsula were:

- Old Age Security/Net federal supplements (3,140 persons reporting \$8,300 average income)
- Canada Pension Plan (4,370 persons reporting \$5,300 average income)
- Child Tax Benefit (2,680 persons reporting \$2,800 average income)
- GST credit (8,080 persons reporting \$400 average income)
- Employment Insurance (6,590 persons reporting \$8,900 average income)
- Workers' Compensation (880 persons reporting \$10,800 average income)
- Income Support Assistance (1,190 persons reporting \$6,000 average income)

Provincial Tax Credits (4,180 persons reporting \$200 average income)

Dwellings

According to Community Accounts, the 2006 Census identified that there were 8,410 dwellings on the Burin Peninsula, (dwellings do not include private farm or reserve dwellings). 83.9% of homes were owned versus rented compared to 78.7% for the province and 68.4% for Canada. The average owner's major payments in 2006 were \$470, which is below the provincial average of \$645. The average rent paid by those who rented in 2006 was \$530, below the provincial average in 2006 of \$570.

People living in Burin Peninsula Rural Secretariat Region reported in 2006 that 3,900 dwellings were constructed before 1971 and 4,505 were constructed afterwards. The values for the province were \$77,020 (pre 1971) and \$120,160 (post 1971), respectively.

Note: Average monthly total of all shelter expenses paid by households that own their dwelling. The owner's major payments include, for example, the mortgage payment and the costs of electricity, heat and municipal services.

3.4 Cost of Healthy Eating

Store Bought Foods

The availability and cost of healthy eating was a common theme throughout community consultations. The majority of people consulted felt that they were paying too much money for store bought healthy foods. Those living outside the Burin/Marystown area must travel, anywhere from approximately 20km – 138km each way, to shop at the larger grocery stores.

With the rising cost of gasoline and global oil prices, this can be quite costly and/or prohibitive to some residents of the Peninsula - especially those with fixed incomes.

Participants expressed the opinion that perishables such as milk and produce items, are more costly in store than non-perishable and less nutritious alternative products. They stated that people are deterred from purchasing fresh produce items as they will not last long enough to be consumed. Many noted that they will run out of produce before they can return to a grocery store (reasons cited were due to the geographic distances for many residents from the larger grocery and the short time that the produce items stay fresh).

Local convenience stores do stock some fresh produce items; however they are experiencing financial losses when the produce spoils prior to being purchased, and as a result bring in limited stock. Through consultations with store owners in remote areas of the Peninsula we learned that they try to meet the needs of local people, but are struggling themselves with lost profit and low quality produce when it arrives at their stores.

Newfoundland and Labrador Nutritious Food Basket Survey

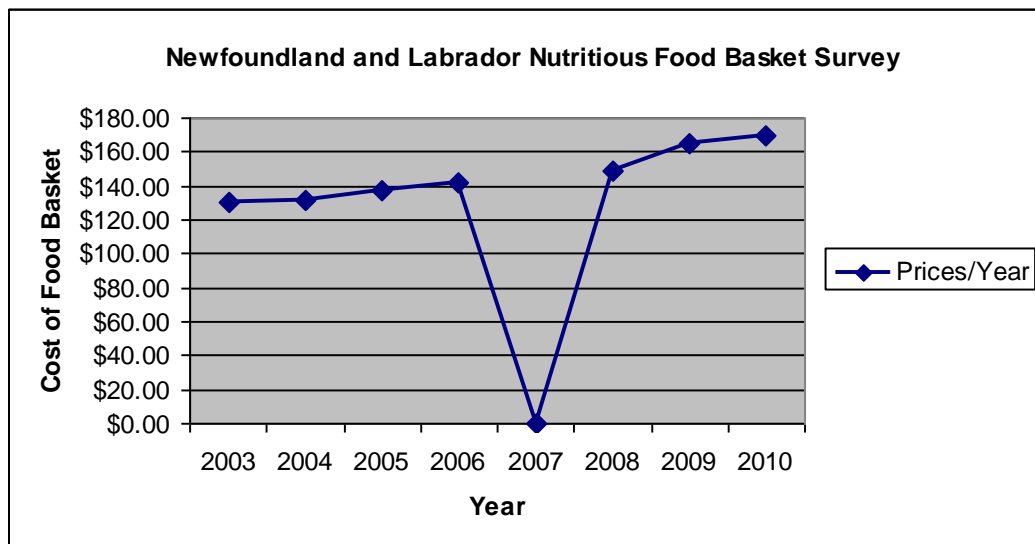
Regional Nutritionists with Eastern Health (in cooperation with the Department of Health and Community Services and the Newfoundland and Labrador Statistics Agency) conduct the Nutritious Food Basket Survey. During a designated 2-week period, in June, a "food basket" list of 63 basic food items is priced in six selected grocery stores in the region. Items in the food basket are priced at the lowest price available in the store in a specified purchase size, regardless of brand. The basket is not a recommended diet. It is a tool for monitoring the cost of healthy eating. It has the advantage of being based on food purchasing patterns and therefore has some similarity to the foods generally purchased in the province.

The list does not include:

- convenience foods
- items with little nutritional value (soft drinks, candy, etc.)
- foods eaten away from home
- non-food items such as soap, toothpaste, toilet paper and cleaning supplies.

The average weekly cost of the nutritious food basket is available for 23 age and gender groups, including pregnancy and lactation. Figure 2.0 below presents the results of a food basket cost for a reference family of four which includes a man and woman aged 25-49 years, a boy 13-15 years and a girl 7-9 years. The graph shows an annual increase in the cost of healthy food with a cost increase of \$38.27 from 2003 – 2010. *Note: 2007 shows a value of \$0.00 as the survey was not undertaken that year; table values can be found in Appendix B..*

Figure 2.0 Summary of results of NL Nutritious Food Basket Survey – Eastern Health –Rural Avalon and Peninsulas



Local Foods

Farming

There is limited local commercial agricultural activity on the Burin Peninsula, with only two families producing at commercial levels (primarily vegetables). A lot of the commercial harvested foods are sold off the Peninsula with some produce made available at the local level.

There have been efforts to engage in commercial livestock farming; however the current and limited livestock production is being undertaken at a hobby farming level. As there is no local abattoir available to inspect the meat from livestock farming, it has

been a challenge for local farmers to engage in this type of farming activity at a commercial level.

Fish

Numerous species of fish (and other food resources available in the ocean, streams and ponds) have been traditionally harvested and continue to be used by residents across the Burin Peninsula. Availability of these resources is predominately regulated by the government and regulations have changed during past decades which have impacted local accessibility to these resources.

An informal barter / sharing system does exist in many areas of the Burin Peninsula; however access to this resource is often closed and depends on who you know. It was found to be more prominent in more rural areas of the Peninsula than in the larger areas.

There is seasonal accessibility to the cod food fishery for those with boats. Also, some local species can be purchased unprocessed at local wharves when in season (such as lobster).

Local fish processing facilities produce products that can be purchased at local fish plants in addition to the mobile stands such as Taylor's Fish Truck.

Local Growing and Harvesting

There are a number of community initiatives for local production; section 4.1 includes an overview of local community-based growing and harvesting initiatives across the region.

Domestic Food Resources

During community consultations, local residents identified two separate ways to access food. The first option was to purchase food from a local retailer (grocery store and/or convenience store, farmer and/or fisherperson); and the second option was to harvest local domestic foods that were divided into three categories: hunting, berries, and fish. Each discussion included local berries, animals and local fish species that are often available in each sub-area of the Peninsula; as well as a discussion of the impact of costs associated with harvesting local foods.

All consultations included a consensus that hunting for large game animals, certain species of fish, and or water birds could be a costly venture that can potentially prohibit access to these domestic food resources.

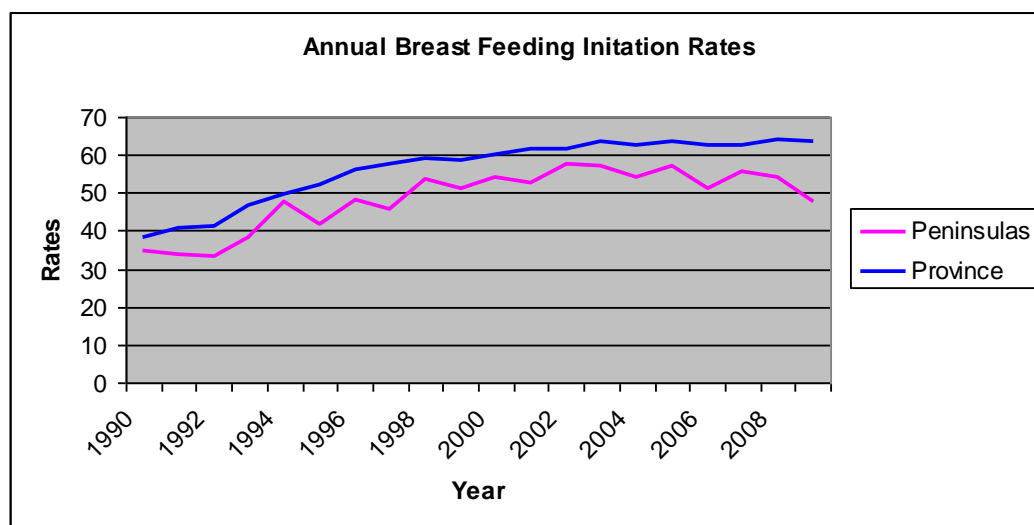
It was also agreed during these consultations that changing lifestyles have decreased the amount of local family growing (including vegetables / livestock) and harvesting of domestic foods such as berries.

Healthy eating for Infants

Breastfeeding is healthy eating for infants and young children. The 2004 Health Canada recommendation on Exclusive Breastfeeding Duration reads:

"Exclusive breastfeeding is recommended for the first six months of life for healthy term infants, as breast milk is the best food for optimal growth. Infants should be introduced to nutrient-rich, solid foods with particular attention to iron at six months with continued breastfeeding for up to two years and beyond." Exclusive breastfeeding, based on the WHO definition, refers to the practice of feeding only breast milk (including expressed breast milk) and allows the baby to receive vitamins, minerals or medicine. Water, breast milk substitutes, other liquids and solid foods are excluded. (Accessed on May 16, 2011)

Figure 3.0 Annual Breastfeeding Initiation Rates – 1990 – 2009



The initiation rate for breastfeeding on the Peninsulas (can be found in Appendix D) has gone from a low of 33.3% to a high of 55.8; showing an up and down variation in the rates. Over the last 20 years, only about ½ of infants start breastfeeding. Of the infants who were breastfed in the 2009-2010 fiscal year, 57% were being breastfed at 6 months of age.¹³

Of particular relevance to this food assessment is the fact that breastfeeding provides food security in both normal circumstances and in emergencies. The promotion and protection of breastfeeding is identified as a critical component of food security in Canada's Action Plan for Food Security, 1998, Priority 3: Promotion of access to safe and nutritious food. Breastfeeding is the most important guarantee of food security as it

¹³ Source: Deborah Crocker, Lactation Consultant, Eastern Health

provides a safe, secure and nutritionally complete food source.¹⁴ As of April, 2011, Eastern Health approved a Breastfeeding –Protection, Promotion and Support policy.

Infants and children are among the most vulnerable during natural or human-induced emergencies. The Global Strategy on Infant and Young Child Feeding recommends the protection, promotion and support of breastfeeding in emergency situations.¹⁵

Encouraging Healthy Eating and Access to Nutritious Food

Policies and regulations are in place that support healthy eating. An example of a regional policy is the *Eastern School District Nutrition Policy* that incorporates the provincial School Food Guidelines¹⁶.

An example of provincial legislation is the *Provincial Child Care Services Regulations, 2005 under the Child Care Services Act* " Section 9. (1) "A child care service shall: (k) provide meals to children in accordance with the requirements of the Canada Food Guide to Healthy Eating".¹⁷

School Milk Programs, Kids Eat Smart and/or Breakfast Programs are in place at every school except St. Anne's School in South East Bight, who use the milk program.

3.5 Community Food Production & Sharing

During community consultations and key informant interviews, local residents and hobby farmers identified that government policies, procedures, and regulations often create obstacles that impact their ability to engage in agricultural activity. Farmers, fisherpeople, and hunters all indicate that they are hindered by roadblocks, setbacks, and expenses that discourage people with the significant amount of red tape.

People identified that the development of small-scale agriculture has the ability to instil, perpetuate and continue traditional means of food security while supporting education toward sustainable and attainable solutions to improve food security in the region. It was felt that long term policy and strategies need to be put in place to help enhance the productive potential of rural areas.

Local residents indicated that a full-time staff person is required to conduct local research; help facilitate connections; increase awareness and discussion about the importance of nutritious foods and food security; and build momentum

¹⁴ From Canada's Action Plan for Food Security, 1998. http://www.agr.gc.ca/misb/fsec-seca/pdf/action_e.pdf (accessed May 12, 2011)

¹⁵ <http://whqlibdoc.who.int/publications/2003/9241562218.pdf> (accessed May 13, 2011)

¹⁶ <http://www.esdn.ca/about/policies/esd/EEF.pdf> (accessed May 16, 2011)

¹⁷ <http://www.assembly.nl.ca/Legislation/sr/Regulations/rc050089.htm> (accessed May 16, 2011)

towards sustainable and increased access to domestic resources and agricultural activities.

3.6 Transporting Food to the Burin Peninsula

The majority of food available for purchase at grocery and convenience stores is primarily brought to the Burin Peninsula by truck. Fresh food imported from the mainland can be subject to weather delays when crossing on ferries. The time it takes from when food is harvested to when it appears on grocery shelves impacts freshness and nutrition.

It was a common theme through community consultations in the area that freshness and variety of perishable store bought food is often limited. Once food is purchased, a short time span is often what consumers have for use before it spoils. It is interesting to note that residents agree that the quality and selection of food is a provincial concern, not just specific to the Burin Peninsula.

During Hurricane Igor in 2010, road washouts impacted many communities on the Burin Peninsula that were cut off from the rest of the Peninsula. Food was brought into communities by boat, and concerns were raised about the lack of food contingency plans for future emergency situations.

4.0 Community Food Security Asset Analysis & Priority Setting

Food security is becoming a more common topic of interest for residents of the Burin Peninsula. The increased awareness can be attributed to the work of community groups such as: the Food Security Network of Newfoundland and Labrador, Burin Peninsula Environmental Reform Committee, Brighter Futures, Food Banks, Eastern Health, wellness initiatives, and educational institutions. With that said, there is ample room to grow awareness of this topic and local food production in the region.

Influences that have impacted local interest in food security include climate change (Hurricane Igor); the ever-increasing fuel and transportation costs directly being absorbed by the consumer; demographics and an increased concern for a healthy aging population.

Concerns were raised that the current food system negatively affects the nutritional quality, availability, accessibility, affordability and acceptability and desirability of food in the region. Locals maintain that the actual availability of food provides no guarantee of its nutritional quality. Local consumers region wide were also concerned that they are forced to turn to foods with questioning health credentials (chemicals such as pesticides and preservatives). Many consciously but reluctantly reduce their purchase of organic and ethically produced foods to reduce their budget expenditures.

Interestingly, many residents are not necessarily familiar with the term food security, however unfamiliar with the term; there is a consensus in all areas of the region that people sincerely want food sovereignty for the region.

Participants in the consultations expressed the opinion that our current food system makes less healthy food more easily available, more affordable and more acceptable to all; and that low income residents can be challenged to access healthy food – especially in smaller communities in rural sub-areas.

4.1 Community Food Asset Analysis

After performing an inventory of the area, we found that there are several food security and food sovereignty projects up and running on the Burin Peninsula, although many are grassroots and are in their formative years.

Community Gardening

There is a community garden and small greenhouse in Lamaline, this was the first garden on the Burin Peninsula and was planted in 2008. It is cared for by the parents and children of the Lamaline site of Brighter Futures Family Resource Centre site.

The Burin Peninsula Environmental Reform Committee (BPERC) has a community garden in Burin and one in Marystown, but the success of the 2011 and future seasons are uncertain as both are currently without coordinators and sturdy volunteer base.

The Blue Crest Nursing Home in Grand Bank planted a community garden in partnership with BPERC, the Burin Peninsula Health Care Foundation, and the Walmart Evergreen Fund in 2010. Currently this garden is used by staff and residents. They plan to reach out to local schools and use the garden as a place for intergenerational learning.

Thanks to local environmental champion Florence Jarvis and her local "Garden Clubs", dozens of students planted in 2010. The regional school board is pushing for Green teams in every school, garden clubs region wide and greener school grounds through community gardens.

As of 2011 Jarvis will be working with three schools with gardens. St. Joseph's Academy, a K-12 school in Lamaline, was involved in BPERC's community gardens in Marystown and Burin for 2 years in a row. They are currently creating their own community garden on school property for the 2011 season and beyond.

St. Lawrence Academy has an indoor sunroom that was formerly used as a science lab and has now been returned to its original purpose as a lab/greenhouse and has an energetic and motivated Garden Club with creative posters the children made posted throughout the school.

Through Florence Jarvis' Garden Clubs Sacred Heart Academy in Marystown built a greenhouse and a Garden Club.

Teachers and Burin Peninsula Green Team members from Rushoon and Terrenceville are partnering with BPERC to plant small community gardens with their families and neighbours in the 2011 season and beyond.

Town council, school Staff and students in the peninsula towns of South East Bight, Lawn, Terrenceville and Rushoon all want a community garden in their town. Through our FSNA (public forums meetings) the towns of Fortune and GLADA also want gardens.

The Smallwood Crescent Community Centre in Marystown runs a successful Community Kitchen with many clients and visitors housed amidst the Newfoundland and Labrador Housing block. They planted a Community Garden in 2010 without any luck due to clients unable to access transportation, low volunteer turn out/ sign-on and poor soil quality. In 2011 they are planting Square Foot Gardens at homes on site in the Newfoundland and Labrador Housing neighbourhoods of Marystown and Burin in 2011.

The St. Lawrence Youth Network (CYN St. Lawrence) sowed seed in a small planter of vegetables in 2010, but lost the staff person who spearheaded the garden and it will not be planted again this year.

The towns of St. Lawrence and Lawn partnered in 2011 to outfit both communities with composts and a composting program.

Short-term Food Aid

Three food banks operate on the Burin Peninsula. Two are located in the Burin / Marystown area; one is located at the Salvation Army and one at the Sacred Heart Parish. The third food bank is the Grand Bank-Fortune Community Food Bank. There aren't food banks operating in areas with smaller communities; when we asked why, it was made very clear that the stigma attached with using a food bank keeps people in smaller communities from using such resources.

Bulk Buying and Purchasing

The Level Best Club is a bulk buying club hosted by Brighter Futures. Interested parents contribute \$15.00 and Brighter Futures matches that money to buy larger, bulk quantities of healthy food.

Farmer's Market

There are two farmer's markets in their infancy on the Burin Peninsula, with one in Marystown and one in Burin.

- The market in Burin is privately operated and is a meat market, fish market and farmer's market.
- The market in Marystown is operated by the Town of Marystown which has recently completed a plan to operate the market in partnership with the Schooner Regional Devolvement Corporation.

4.2 Community Priority Setting

As identified in the methodology, community consultations were held across the Burin Peninsula where participants were asked to prioritize action items discussed during the meetings. The information gathered through community consultations and key informant interviews was compiled in a summary document¹⁸ that was used by the Steering Committee to prioritize action items for the final report.

¹⁸ The summary document can be found in Appendix B.

5. Community Action Plan

Community Food Action Plan Burin Peninsula

Two overarching goals were identified that encompassed the action items as outlined by the Steering Committee:

Goal 1: To develop the local food system by supporting local food production and processing; and to increase and encourage roadside selling and farmers markets and other avenues that directly link local producer to local consumer.

Goal 2: To develop formal and informal food security, food production and nutrition education programs.

It is important to note that as this is a regional report, some of these priorities can be applied only to sub-areas or at a regional level; while other priorities can be applied at either a community, sub-area, and or regional level. Please note that each priority in the tables below will have a note to identify application of the action item.

Goal 1: To develop the local food system by supporting local food production and processing; to improve availability and accessibility to nutritious food; and to increase and encourage roadside selling and farmers markets and other avenues that directly link local producer to local consumer.

Priority	Inputs	Activities	Outputs	Outcomes
Support Local Farmers (community / sub-area / and/or regional)	<ul style="list-style-type: none"> – Farmer participation – Need an organization to take ownership of initiative – Local committee and staff person to coordinate between farmer and community 	<ul style="list-style-type: none"> – Identify demand for local products – Marketing campaign to create awareness of farmer's goods and how to purchase them – Coordinating fresh produce stand in sub-areas and/or communities – Gauge local demand for products – Contact and coordinate between residents and farmer (identify supply and demand) – Take orders from the public to be filled by farmers. – Liaise with local government to review land issues, access to an abattoir, and red tape reduction. 	<ul style="list-style-type: none"> – Increased local sales and consumption – Increase awareness of local produce available to the community. 	Short term Matching local supply and demand Long term Increased local client base for farms More flexibility for farmers

Priority	Inputs	Activities	Outputs	Outcomes
Community Gardens (community / sub-area / and/or regional)	<ul style="list-style-type: none"> – Land – Dedicated staff resource to identify land, produce to grow, facilitate connections. – Funding (equipment, planning, operating, staff, marketing) – Seeds – Organization to take ownership and operate garden – Partnering stakeholders – Gardener / farmer. Need knowledge and experience. Engage elders in the community to share knowledge. 	<ul style="list-style-type: none"> – Promote community garden to increase awareness and community participation – Conduct a community needs assessment for a) produce; and b) interest to garden – Preserve produce together; arrange classes to teach how to preserve; connect across generations (seniors / youth) – Create a summer program to hire residents (students / youth / adults) to work in the garden. – Work with Eastern Health to create opportunists to engage mental health clients in the community garden. <p>Good food box delivered to families weekly throughout .</p>	<ul style="list-style-type: none"> – Increased local food production – Increased local food consumption – Greater domestic knowledge of food production – Students volunteering in community garden to obtain Career Development hours – Increase opportunity for people relying on short-term food aid to grow their own food 	<p>Short term</p> <p>Increased number of community gardens</p> <p>Medium term</p> <p>Increased accessibility to locally grown and healthier foods.</p> <p>Long term</p> <p>Restore cultural knowledge and connection to food.</p> <p>Decrease dependence on fresh outside food resources.</p> <p>Healthier residents in communities.</p> <p>Increase in knowledge and skill.</p>

Priority	Inputs	Activities	Outputs	Outcomes
Community Gardens continued (community / sub-area / and/or regional)	<ul style="list-style-type: none"> – Food Security Network Toolkits – College of the North Atlantic: facilities, expertise, applied research – Model: St. Mary's, Riverhead – Target Initiative for Older Workers – Career Development Students – Schooner Development Corporation: potential municipal coordination and facilitation – Compost / seaweed. – Community support. 	<ul style="list-style-type: none"> – Coordinate opportunities to share lessons learned among community gardens – Arrange harvest parties – Sell produce at farmer's market – Take orders from the public to be filled by community garden; arrange for pick up or delivery 		

Priority	Inputs	Activities	Outputs	Outcomes
Farmer's and/or Fisherman's Markets (community / sub-area / and/or regional)	<ul style="list-style-type: none"> – Funding, staff – Lessons learned from other farmer's markets – FSN best practices toolkit for farmers' markets – Check interest of farmers and fisherpeople to sell at market – Check with government and policies – Identify products available to be sold at market – Engage partnering stakeholders 	<ul style="list-style-type: none"> – Liaise with key stakeholders to discuss opportunity for a separate fish quota for local supply – Provide support to existing markets – Connect community gardens with market to sell produce – Connect vendors with demand in smaller communities; help coordinate mobile stands with client base in rural areas 	<ul style="list-style-type: none"> – Increase local supply and consumption of produce, meat and fish, secondary processed goods – Reconnect local harvesters and consumers – Increase accessibility of local goods to all – Increase local secondary processing 	Short Term Increase use of farmer's market in the area Increase access to fish products across the area Long Term Reduced roadblocks to farmers and fisherpersons Increased local economic impacts

Priority	Inputs	Activities	Outputs	Outcomes
Discussions between Government, Grocers, and Community Leaders (regional)	<ul style="list-style-type: none"> – Participation of government, grocers, and community leaders – Need an organization to coordinate meetings – Need staff to facilitate 	<ul style="list-style-type: none"> – Identify participants; arrange meetings; set agenda; facilitate meeting; monitor meeting outcomes for action – Discuss opportunities to review allocations for Diabetics and other groups such as pregnant women with key stakeholders. – Discuss low income grocery Gift Card concept; reduce stigma, increase access to healthy foods. – Identify areas where three parties can collaborate to increase food security in the region and action items. 	<ul style="list-style-type: none"> – Improved programs for residents – Increased awareness for government of food security opportunities and challenges in rural areas – Increase dialogue with government, grocers and community leaders 	<p>Short Term</p> <p>Provide opportunity for government, grocers and community leaders to identify areas of mutual interest and collaboration</p> <p>Long Term</p> <p>Increased awareness and involvement of local residents in food system</p> <p>Improved policies and programs with better access to local information</p> <p>Grocers have better information about the needs of the community and consumers</p>

Priority	Inputs	Activities	Outputs	Outcomes
Lobster Hatchery (area specific to Placentia West)	<ul style="list-style-type: none"> - Funding, land, and plan - Storage for stock piling - Committee, guidelines, distribution. - Placentia West Development Association (PWDA) is leading this initiative 	<ul style="list-style-type: none"> - Provide support to the Placentia West Development Association 	<ul style="list-style-type: none"> - Potential lobster hatchery for the Placentia West Area 	<p>Long Term</p> <p>Lobster will be in greater abundance for local capture and purchase.</p>
Making Produce Available at Food Banks (areas specific to Marystown / Burin, Grand Bank / Fortune)	<ul style="list-style-type: none"> - Food bank participation - Produce supplier buy in (ex: community garden, farms, grocers) 	<ul style="list-style-type: none"> - Arrange a produce day for the food bank (weekly, monthly, other time interval) - Help to secure produce for food bank - Help to promote a 'fresh produce day' 	<ul style="list-style-type: none"> - People reliant on food bank would have greater access to produce items - Increased options, other than processed foods, available to low income families - Increased access to healthy food for vulnerable residents 	<p>Short Term</p> <p>Increased awareness of local food supply</p> <p>Long Term</p> <p>Reconnect people with local food supply; potentially encourage people to grow their own foods</p>

Priority	Inputs	Activities	Outputs	Outcomes
Encourage Harvesting from the Land (community / sub-area / and/or regional)	<ul style="list-style-type: none"> – Staff person – An organization is necessary to take ownership and coordinate it – Education opportunities for food gathering and safety (berries / hunting) 	<ul style="list-style-type: none"> – Coordinate summer events ex: Community berry pick day; 1 day, all ages, contest. Incorporate into come home year activities or annual festivals. – Secondary processing options: baking, preserves, other. 	<ul style="list-style-type: none"> – Increased events across the area – Restore cultural knowledge – Increased Intergenerational learning – Increase secondary processing – Increase physical activity – Connect residents with nature and increase awareness of indigenous plants and animals 	Short Term More people harvesting food from the land Long Term Re-establish connection with traditional cultural activity across the area
Accessing Food Processed Locally at Fish Plants (community / sub-area / and/or regional)	<ul style="list-style-type: none"> – Get buy in from local producers – Hire someone to research demand for products, foods available, and how to sell products locally 	<ul style="list-style-type: none"> – Advertise and facilitate connections – Discuss how it could work – Implement sale to local consumers 	<ul style="list-style-type: none"> – Increase availability of local products, potentially at lower costs – Fresher foods available – Reconnect local producers and consumers – Facilitate community connections 	Short Term People can purchase local products in communities with cooperating fish plants Long Term Expand opportunity to access local products across the area

Priority	Inputs	Activities	Outputs	Outcomes
Grow Your Own Food (community / sub-area / and/or regional)	<ul style="list-style-type: none"> - Community champion and/or organization to lead initiative - Staff resources - Education - Seeds - Soil - Compost - FSN resource materials - Planter boxes 	<ul style="list-style-type: none"> - Get commitment from 5-15 families - Conduct workshops - Share and pass on knowledge - Help people with strategies to find time to garden - Support the Smallwood Community Crescent Centre initiatives 	<ul style="list-style-type: none"> - Increased healthy eating - Reconnecting people with food supply - Increase traditional cultural activities and skills - Increased organic crop in the area 	Short Term Healthy food for families, farmer and consumer relations, a market for farm produce. Long Term Sustainable agriculture, more families eating, better quality local foods

Goal 2: To develop formal and informal food security, food production and nutrition education programs.

Priority	Inputs	Activities	Outputs	Outcomes
Social Education (Weekly Gatherings) (community / sub-area / and/or regional)	<ul style="list-style-type: none"> – Place to host weekly meetings – Expertise 	<ul style="list-style-type: none"> – Host gender neutral meetings that are comfortable to attend – Provide inclusive meeting with nutrition, cooking classes, health and fitness options. – Market meeting as social outing. 	<ul style="list-style-type: none"> – Increased community participation in healthy eating activities – Increased opportunities to socialize within and/or across rural communities – Intergenerational learning opportunities 	Short Term Potential opportunity to gather more primary research across the area; and directly include more residents in the discussion about local food supply. Long Term Restore cultural knowledge and connection to food.
Provide resources to areas (Workshops and Training Courses) (community / sub-area / and/or regional)	<ul style="list-style-type: none"> – Seniors groups – Root Cellars Rock – College of the North Atlantic partnering with Volunteer Groups (cost recovery training) 	<ul style="list-style-type: none"> – Increase nutrition awareness (Cooking Classes, youth inform parents) – Approach Sobeys to offer preserve classes – Could offer gardening / cooking / preserve classes free to volunteer groups – Engage College of the North Atlantic to partner or offer classes – Coordinate intergenerational classes 	<ul style="list-style-type: none"> – Increase awareness of local foods and nutrition – Intergenerational connections and education 	Short Term Partner with existing groups and activities to provide workshops and training Long Term Increased skill development and agricultural activity across the area

Conclusion

The research conducted for this report has identified that sustained food security on the Burin Peninsula will require a multilateral approach including a coordinated effort to increase community gardening; small-scale agricultural growth; and increased awareness of food security issues and direct impacts for residents of the Burin Peninsula.

To improve food system efficiency, there needs to be a dedicated entity with resources to increase local production and local consumption and facilitate connections between local growers and local markets; with local residents communicating that a dedicated full-time staff resource person is imperative to furthering food security initiatives in the region. Efforts to reform the food system on the Burin Peninsula must also include development in the form of social-safety nets, health interventions, education, and an increase in food and nutrition programs.

Residents of the Burin Peninsula can benefit from greater access to local fish, produce, wild game, and berries. Efforts need to be made to locate region-specific solutions which can include increasing local food producer's access to grants and financial services, markets, land and other resources.

The promotion of food production, awareness of the local food supply, and food sharing in the region has potential to generate far-reaching improvements in rural life including: better education, health services, local business diversification and an increase in recreational and cultural opportunities. Total benefits focus not only on economic gains, but promote biodiversity; connecting farmers and families to the land; and providing an intimate link between growers and generations of consumers - a link that seems to have been lost somewhere on the grocer's shelves.

Appendices

Appendix A – Questions Asked During Community Meetings

Five Questions Asked During Community Meeting:

Question #1: How would you describe the availability of healthy food for people in this area?

Question #2: How far do you have to travel to access (buy) healthy food?

Question #3: How would you describe people's income as a factor affecting the availability of (healthy) food?

Question #4: What do you think we can do to increase the availability of healthy food in your area?

Question #5: What opportunities exist to develop domestic food resources (commercial / residential)?

Note: 3 Additional Questions only asked in Consultation with Professionals

Additional Questions for professionals

Professional Question #1: What have you seen in your professional role?

Professional Question #2: What role might you be able to play in rolling this out?

Professional Question #3: What can you contribute as a professional to the process of rolling out a Community Led Food Assessment?

Appendix B – Results of Food Security Consultations on the Burin Peninsula

Results of Food Security Consultations on the Burin Peninsula

Prepared: May 2011 by Trina Appleby and Kimberley Armstrong

Data Collection

The following meetings were held and 5 questions were asked:

- 4 public forums: (Little Bay East, Fortune Bay East Area; Town of Fortune; Town of Lawn, Placentia West Area, PWDA Building);
- 2 meetings with Brighter Futures Groups (Burin and Lamaline);
- 1 meeting in Marystown with professional (asked to speak as residents of the area, as well were asked 3 additional questions in their professional capacity)
- Meeting in Burin with 50+ Group

Key Informant interviews were conducted. Some included discussion with respect to specific points, while others were the same five questions asked during the meetings - during early discussions Kimberley identified several valuable perspectives but these people were uncomfortable or unable to attending meetings. The results are as follows:

- We found that berries are an abundant food resource virtually untapped.
- Produce is wilted bruised all over the peninsula staples are not affordable and that all healthy food items are too expensive.
- Many residents of isolated areas in the region travel to the grocer only to find the items they need out of stock

Findings

- Government policies and regulations are stifling food security.
- There is a loss of knowledge older generations can sow from seed others cannot information gap
- A lot of farm land has been lost to residential commercial land use
- A lot of crown land is available land is unknown
- Several low income people struggling to afford healthy food in the region
- Sincerely troubled about food security to those on low income
- Fresh foods in Marystown, the hub of the peninsula are always of low quality; therefore nutritionally inferior to fresh varieties.
- Hunting birds, moose and rabbit continues throughout the region.
- Fishing continues to be common throughout the region
- Trucking and travel of food was a unwavering issue many are concerned about the prices of food and the influence of heightened fuel prices that continue to mount.
- Locations outside the hub rely on convenience stores and food options in these locations are often scarce.

- Money for fuel is an issue for many, especially those who have to travel distances to get their foodstuffs.
- Education was repetitively stressed as a key necessity
- Residents of the region cannot seem to save money here. Sales are not really sales with the price of gas and the increased trips to the grocer. Prices are hiked on 2 for 1 sales
- Fruits of the sea are increasingly hard to come by.
- Fisher-people still use the barter system actively
- Fisher-people want the ability to sell locally
- Food choices in the current market are limited uncommon foods often spoil and are not brought back in.
- Hunting is expensive and not affordable option for many. The costs of license, equipment, travel and accommodations all add up.
- A lot of residents have no access to a vehicle and suffer high cost (taxi, or hire) and low accessibility (forced to rely on and wait for a family member, neighbour or friend to be available and take them) to healthy food.
- Low competition has lead to low food quality in the region
- Locals want best quality local foods going directly to residents in the region
- Increased and expanded interest in composting
- There is an increased need and genuine desire for local produce

Priorities

- Educate residents to 'remember' how to live off the land
- Ensure a portion of best quality local foods go directly to residents in the region
- Create more opportunities for low income people to increased access to healthy food
- and be more attentive to the needs of those with low income
- Survey land for areas to create farms and gardens
- Process local foods locally. Stop processing food outside and selling it back to the region at high cost.
- Develop and encourage picking at a community level make events to help renew interest and make it fun

Actions

- Explore land for farming and gardening
- Expand existing farms
- Support small-scale farming of livestock
- Support small-scale agriculture
- Separate quota for local fish supply
- Develop and support fish markets, farmers markets and roadside selling by working to diminish and/or remove barriers.
- Promote and support food banks
- Find a discreet way (poverty stigma) to subsidize offer cuts on food for not only low income, but also working families such as gift cards for local grocers when possible.
- Develop programs to support and encourage community gardening
- Support composting and composting education
- Market living off the land region wide
- Reach out to schools-kids can teach parents
- Reduce government red tape and restrictions to local food production, processing and sale.
- Initiate preserving classes in Sobey's Community Room and community kitchens
- Grant licenses for fishermen to catch fish with an option to sell to local people.
- Pre-order fish to be fished and landed for local consumption.
- Increase moose licenses.
- Create community efforts such as TOPS to teach and work together toward common goal of healthy living.
- Increase sales and production of secondary processed foods such as muffins and pies.
- Promote and support buy in of community gardening

Placentia West Area Meeting:

Rank Priorities:

- 1. Lobster Hatchery**
- 2. Community Garden**
- 3. Weekly Social Gathering Model**

- Grow your own
- Know how (internet, local info)
- Cheaper to buy it than to grow it
- Idea: Lobster Hatchery
 - Need funding / land and building
 - PWDA resources (research and plan)
 - Storage for stock piling (would need a committee, guidelines, distribution)
 - No local consumption from hatchery, hatchery will be strictly growing lobster and release. Benefit: lobster will be in greater abundance for local capture and purchase.

- Idea: Community Garden
 - Need land
 - Funding (equipment, planning, operating, staff, land)
 - Seeds
 - PWDA (resource, oversee place)
 - Marketing
- Idea: Weekly Social Gathering Model
 - Social group that learned about nutrition, good foods, cooking class, health options.
 - Weekly educational / social meetings
 - Learn about healthy food, physical activity, whole inclusive package
 - Need place to host it locally
 - Need expertise
 - Should be gender neutral (female and male; initial options for men include cards and darts to make it comfortable to attend)

Meeting held in Lawn:

Rank action items:

- 1. Expand on Patten Farm bringing food into the area**
 - 2. Fish (local fish)**
 - 3. Community Garden**
 - 4. Berries**
 - 5. Explore Land**
- Idea: Expand on Patten Farm bringing food into the area (Patten Farm in Fortune bring fresh produce once a week seasonally to the area)
 - Either coordinate trip to community once per week, or set up a stand / place to order.
 - Actions: Contact the Patten's to organize
 - Town and volunteers set up ways to help them know what people need and arrange awareness that they're coming, take orders, etc.
 - Assess needs, pre-ordering, selling Patten's goods at local stores
 - Establish long term benefits
 - Idea: Explore land to grow locally
 - Hire people to assess
 - Local input from people and identify what land is available
 - Check with elders
 - Community Garden (maybe, not sure about uptake locally. Lifestyles – people so busy, would they have time? How to engage youth?)
 - Need community buy in
 - Gardner / farmer
 - Needs assessment

- Interest to garden
-
- Fish (Local Fish)
 - Check interest of fisher-people
 - Check with government / policies
 - Separate quota for local supply
 - Bring to seniors
 - Regional towns cooperation (needs to be big enough population to supply)
- Berries (Encourage new people to pick and can (preserve)
 - No one does it anymore – reconnect
 - Suggestions:
 - Summer event – prizes
 - Come home year (incorporate)
 - Community berry pick
 - 1 day, all ages contest
 - Frozen or fresh; secondary processing jams and pies.

Meeting Held in Fortune:

Rank action items:

1. Community Garden

- Partnerships (with existing partners)
- Rural Secretariat
- Government funders
- Colleges
- Towns
- BPERC
- Food Banks
 - Recruit people using food banks
 - Ownership and sustainable (create your own food)
- Compost seaweed (include expertise of local people)
- Others involved in Community Gardens (Lamaline, Burin) for lessons learned
- Note: It was discussed that without someone to coordinate Food Security and/or Agrifood initiatives this is not likely to happen. A 3 year Coordinator Position was discussed for the Peninsula where staff could help to identify land (crown land); what groups want to grow, facilitate connections so groups and towns could work together to address food security issues.

2. Local Fish plant – accessing foods produced (ex. Fish nuggets)

- Ideas could also apply to cranberries
- Hire someone to research
- What is out there?

- What is accessible? (OCI)
- Advertise and facilitate connections
- Discuss / plan how it would work
- Implement

3. Encourage family gardens

- Workshops on gardening
- Gardening expo (flowers and seeds)
- Support Gardeners

4. Local farmer's market

- Seasonal
- Potential Items to sell:
 - Patten's (eggs, vegetables)
 - Fish (local)
 - Baked goods
 - Turkeys and chicken (Dennis Combden)
 - Berries
- Groups needed to be engaged: Producers, Grand Bank Development Corporation, Municipalities, Schooner Regional Development Corporation, Food Security Network (FSN), Dept. Agriifoods, Fisherpeople (need policies to allow quotas)
- Need money, staff, advertising, lessons learned from other Famer's Markets.

Little Bay East Meeting, Fortune Bay East Area

Rank Priorities:

1. Education

- Follow up with actions mentioned above (question 4)
- Plant a garden, show younger generations how to garden

2. Link BP Farms with areas

- Identify supply and demand
- PWDA & FBEDA could pre-order veggies

3. Fisherman's Market

- Contact Taylor's Fish Truck and place orders
- Get local fisherpeople engaged
- Price needs to be right
- Purchase (stamps)
- Check into and address government laws and policies so fisherpeople could participate

4. Community Garden

- Need land
- Need someone to coordinate it
- Need area buy in

5. Composting

6. Ability to get the word out about good food and security of supply.

Professional Meeting in Marystown (Eastern Health Professionals)

Rank action items:

#1: Food Bank Produce Accessibility & Farmer's Market Development

#2: Community Garden & Summer Program

#3: Community put pressure on grocery store and government

#4: Discussion needs to be held between: Government, Sobey's, and Community (Community Leaders / BP Community Led Food Assessment Committee)

- Action: Community Garden (Branch)
 - Preserve food together
 - Seniors groups, 50+ clubs, school kids curriculum
 - Harvest parties
- Action: Farmer's Market (Staff)
 - Local farmer's market available for use
 - Sell secondary processed foods (Bakery items, preserves, other)

- Action: Summer Program for those interested
 - SWASP Program - hire student under direction of community leaders
 - Access Career Development students to work in the garden to get their hours
- Action: Preserve Food Workshops
 - Sobey's offers community cooking classes
 - Could offer preserves classes – free to volunteer groups to use the space
 - Engage College of the North Atlantic to partner or offer workshop (Cooking class)
 - Options: beet, jam, pickles, bottle soup / meats / beans / fish

Additional Questions for professionals

Professional Question #1: What have you seen in your professional role?

- Family resource centres
- Tenants associations (Smallwood Community Crescent Centre)
- Brighter Futures
- Pilot project for Community.
- Government subsidize: seeds, information here to grow, tools to buy, kitchen garden
- Lester's Farm – Business Plan and Model

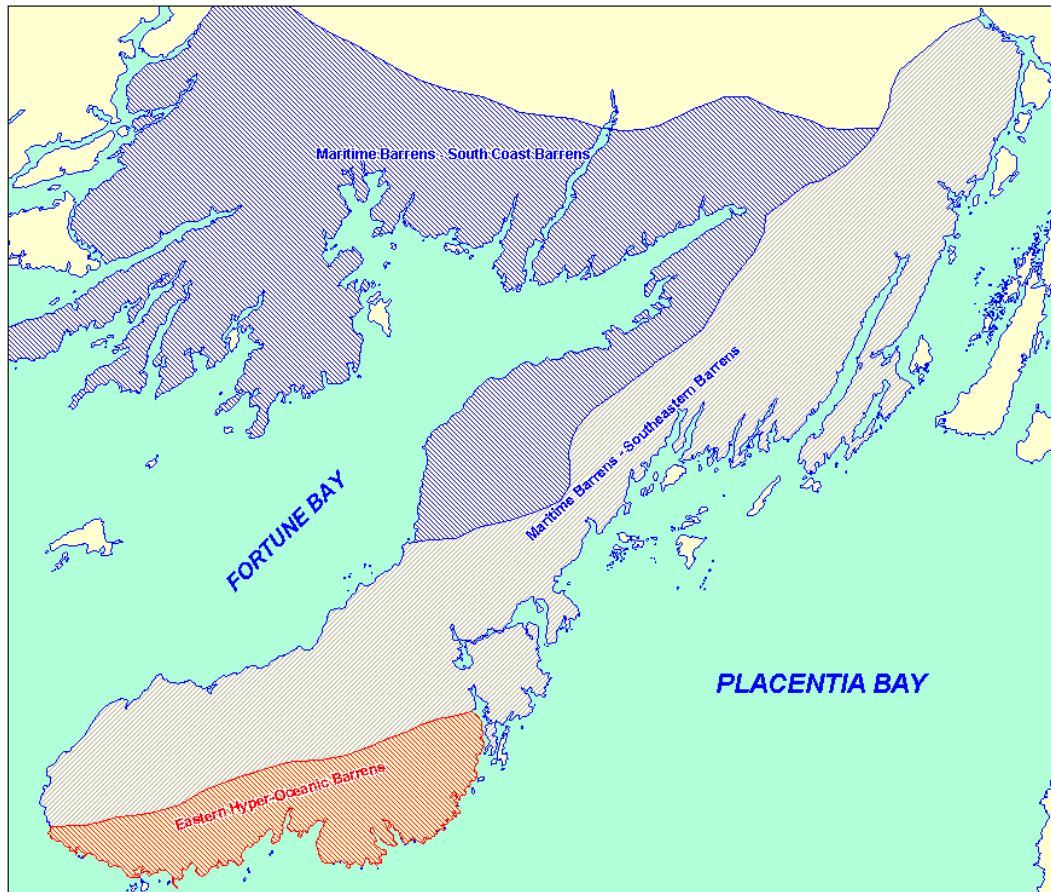
Appendix C – Burin Peninsula Detailed Geography

Today's geological composition of the Burin Peninsula can be attributed to glacial activity. Much of the peninsula's geology consists of exposed bedrock. In regions where bedrock is not exposed it is merely concealed by thin layers of sediments. The northern region (Medonnegonix Lake to Piper's Hole River) and the southern tip (Eastern Hyper-Oceanic Barrens) of the Burin Peninsula are characterized by its extensive heath barrens and bedrock outcrops interspersed throughout a gently rolling to hummocky topography. Due to the regions thin layers of sediment the carrying capacity of water is relatively low, resulting in the formation of wetland areas, as discussed above. Regions of wet, thin soil are unable to support dense wooded areas, but do support patches of stunted vegetation such as black spruce and balsam fir. Wood sections can be found in some well-drained valleys of major streams and gravel slopes.

Given the areas geological composition in conjunction with local climatic factors the land is classified as Newfoundland-Labrador Barrens (Rowe 1959). The Newfoundland-Labrador Barrens is defined as *"stunted, patchy or sometimes continuous cover of black spruce and balsam fir, alternating with moss and heath barrens, rock outcrop and freshwater formations (e.g. ponds, wetlands, and streams) on a generally featureless windswept terrain"*.

Damman (1983) further classified the ecological composition of the Burin Peninsula, dividing the region based on a system of recurring pattern of vegetation and soil development predominately controlled by regional climate. Damman classified the region encompassed by Schooner's Economic Zone 16 under two major ecoregions (1) *Maritime Barrens*, and (2) *Eastern Hyper-Oceanic Barrens*. These ecoregions are illustrated in **Figure 1**.

Figure 1: Ecoregions of the Burin Peninsula



Source: Damman, 1983

Eastern Hyper-Oceanic Barren Ecoregion

This region makes up approximately 15% (605.919 km²) of Economic Zone 16. It covers the southern tip of the Burin Peninsula and is characterized by cool summers and short, and relative mild winter dominated by blanket¹⁹ bogs consisting of dense carpets of moss and lichen, along with low-growing tuckamoor vegetation, and coastal barrens completely without forest cover. Its elevation rises from sea level to approximately 200m asl²⁰. Coastal areas are usually rugged and rocky where as inland areas have a rolling terrain of low relief. Wetlands cover more than one quarter of the region. The Hyper-Oceanic Barrens possess large areas of ideal habitat to support various species of indigenous berries, specifically bakeapple, partridgeberries, cranberries, and marsh berries. This is due to its barren wetlands in low elevations, and peatland regions in higher elevation and coastal highlands.

Maritime Barren Ecoregions

Approximately 85% of Economic Zone 16 is classified as Maritime Barren Ecoregion. This ecoregion is thought to have the coldest summers with frequent fog and strong winds. Winters in this region are also relatively mild with intermittent snow cover particular near the coastline. The landscape pattern consists of stunted, almost pure stands of Balsam Fir, broken by extensive open heathland²¹. The balsam fir is preferred for Christmas trees due to its natural symmetry, dense branches and a straight stem ending in a spire perfect for decoration. It has long-lasting, dark-green needles that retain their fragrance indoors. The development of extensive heath landscape was precipitated as a result of burning by European settlers. Due to various unfavourable environmental characteristics regeneration was poor. Today, good forest growth in this region is localized along slopes of protected valleys. The elevation rises from sea level to approximately 250m asl. The upland areas are rugged and rocky due to erosion, lower areas have a rolling topology. Specific sections of the Maritime Barren support areas of ideal indigenous crop habitat. Species commonly found throughout include but are not limited to blueberry, partridgeberry, marshberry, raspberry, and several species of crowberry.

The Maritime Barren Ecoregion within Economic Zone 16 is further divided into two sub-classifications, (1) Southeastern Barrens covering 62.5% (2575.77 km²), and (2) South Coast Barrens covering 22.5% (934.04 km²).

Southeastern Barrens

The landscape of this subregion is dominated by heathlands and forest only occurs in small stands that have escaped fire. The topology is generally undulating with shallow heavily compacted till and numerous large rock outcrop.

¹⁹ Blanket Bogs are shallow bogs that form a blanket-like layer over the underlying soil. They are found mainly in lowlands of regions that have relatively high levels of rainfall annually.

²⁰ ASL – Above Sea Level

²¹ Heathlands are extensive areas of rather level open uncultivated land usually with poor coarse soil, inferior drainage, and surface rich in peat and peaty humus.

South Coast Barren

This subregion is characterized as a wind-exposed and foggy zone along the south coast of Newfoundland and the highlands of the Burin Peninsula that are up to 300m asl in elevation.

* Percent coverage and areas were determined using Geographic Information System (GIS) analysis performed by the project Field Technicians.

The Burin Peninsula's climate and weather patterns are predominantly influenced by the Atlantic Ocean, more specifically the south flowing cold Labrador Current responsible for providing a year-round cooling effect on the general climate. Although the Peninsula's bays and inlets generally remain ice-free throughout the year, ice remains off the east coast of the Burin Peninsula well into the summer months. The presence of this ice operates as the source of cold air resulting in short, cool growing seasons.

Throughout the Burin Peninsula, precipitation often exceeds the rate of evapotranspiration²² resulting in a net accumulation to water table storage and surface runoff. The greatest surpluses commonly occur along the southern tip of the Peninsula (*Dep. Of Forestry & Agriculture, 1997*). This surplus of water to watertables and surface runoff commonly results in the formation of wetland²³ areas. Wetlands are a common geographic feature found throughout the entire Peninsula and are generally classified as Bogs.²⁴

Figure 1 illustrates the variations in elevation throughout the Burin Peninsula, but more specifically the elevation within the ecoregions discussed in previous sections. For the Land-based Assessment project, the elevation data was simply utilized by the projects Field Technicians to grasp an inclusive understanding of the regions topology. **Figure 2** is intended to illustrate the high and low lying regions of both ecoregions.

Elevation data is vitally important in determining and understanding the regions environmental characteristics, but it is often overlooked or its usefulness underestimated. This information can be utilized to delineate watersheds which is vital in determining drainage patterns, identify areas protected from and exposed to high wind, determining the about of snow cover a regions may experience, slope and aspect extremes, predict flood impacts and identify spatial relationships. Elevation data can be used in evaluating proposed projects, and aid in project planning, used as a

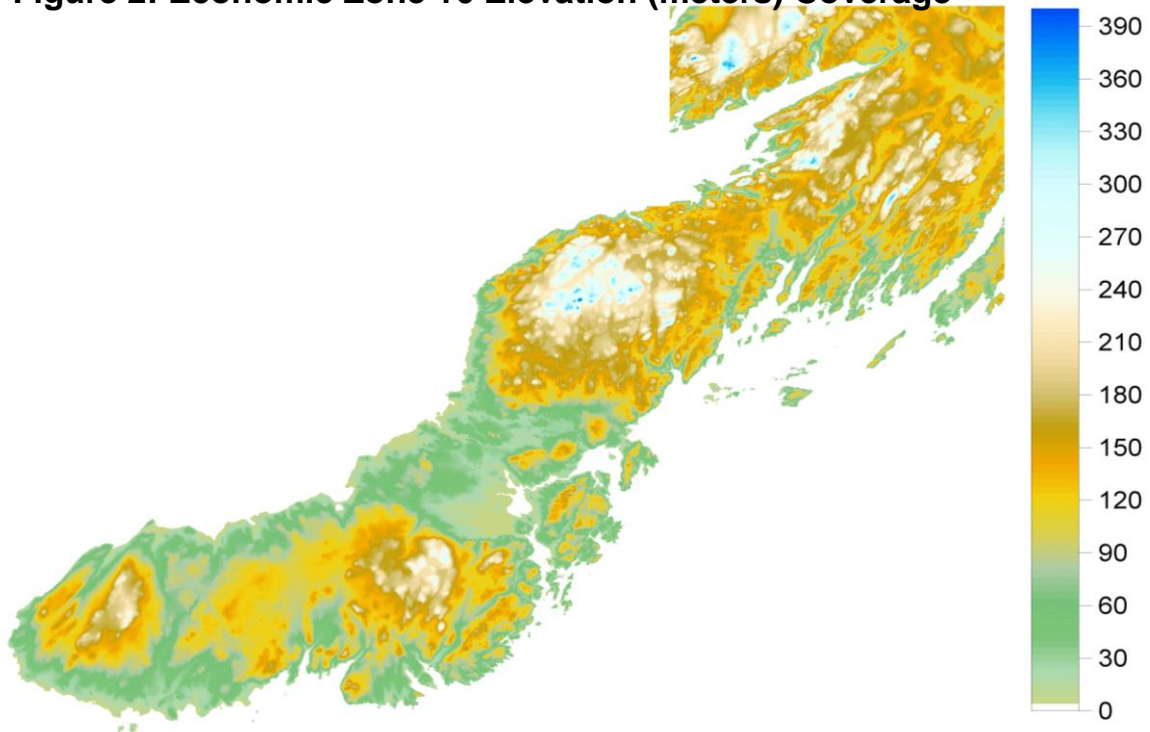
²² Evapotranspiration is the evaporation of water from the landscape.

²³ Wetlands are often the result of poor drainage and/or water tables reach their holding capacity (soil saturation) causing an accumulation of water on the surface.

²⁴ Bogs are acidic, relatively unproductive wetlands that develop in cool, wet climates. Unlike marshes and swamps, bogs supply of nutrients is very sparse, because these ecosystems are fertilized only by atmospheric inputs. Bogs are typically dominated by species of *Sphagnum* moss (commonly known as peat moss).

decision making-tool, as well as an impressive 3D base for displaying aerial photos and thematic data.

Figure 2: Economic Zone 16 Elevation (meters) Coverage



Appendix D – The Cost of Healthy Eating in Eastern Health Region

The Newfoundland and Labrador Nutritious Food Basket Survey provides information about the cost of healthy eating in Newfoundland and Labrador. In the Eastern Health Region – Rural Avalon and Peninsulas, the survey is conducted by the Regional Nutritionists with Eastern Health, in cooperation with the Department of Health and Community Services and the Newfoundland and Labrador Statistics Agency. Eastern Health – Rural Avalon and Peninsulas includes all communities, on the Avalon, Burin and Bonavista peninsulas, from Holyrood to Port Blandford.

Details about the Newfoundland and Labrador Nutritious Food Basket Survey are provided in Section 3.4 of the report; the following values were used to create Figure 2.0, “Summary of results of NL Nutritious Food Basket Survey – Eastern Health –Rural Avalon and Peninsulas”.

Summary of results of NL Nutritious Food Basket Survey – Eastern Health –Rural Avalon and Peninsulas 2000-2010²⁵

Year	Eastern Health Region
2003	130.96
2004	131.11
2005	137.80
2006	141.88
2007	Survey not done
2008	149.18
2009	165.17
2010	169.23

²⁵ Source: Donna Nolan, Eastern Health, Regional Nutritionist

Appendix E – Annual Breastfeeding Initiation Rates

Year	Peninsulas (Burin and Bonavista)	Province
2009	47.8	63.3
2008	54.1	64.0
2007	55.8	62.8
2006	51.2	62.5
2005	57.0	63.6
2004	54.1	62.7
2003	56.9	63.4
2002	57.6	61.6
2001	52.6	61.4
2000	54.2	60.3
1999	51.0	58.6
1998	53.7	59.3
1997	45.8	57.5
1996	48.0	56.3
1995	41.8	52.1
1994	47.6	49.5
1993	38.2	46.9
1992	33.3	41.3
1991	34.0	40.6
1990	35.0	38.2

Source: Newfoundland and Labrador Provincial Perinatal Program Neonatal Breastfeeding Initiation Statistics (1986-2009)