



**HEALTHIER COMMUNITIES COMMITTEE  
NORTH CARIBOO**

*Promoting healthy eating & local food security*

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**MINUTES**

**March 27, 2017**

**Longname Society Board Room 10:00 – noon  
North Cariboo P4HC Empowering Family Health Project  
Steering Committee**

<b>Name</b>	<b>Organization</b>
Lori Fogarty	FARMED; Growing North Cariboo Society
Colleen Gatenby	Quesnel Community Gardens
Sue Myles	Bouchie Lake Community
Cathy Juric	North Cariboo Aboriginal Family Program Society
Heloise Dixon Warren	Empowering Family Health Facilitator

**In Attendance:** Cathy Juric, Heloise Dixon-Warren, Lori Fogarty, Colleen Gatenby, Sue Myles

**AGENDA ITEMS:**

1. NC P4HC Stream 1 Project Evaluation
2. Steam 2 Implementation
3. Seedy Saturday Update
4. Country Club Update
5. Delegation to Joint Planning Committee
6. Food Policy -o Colleen
7. Roundtable Planning

**MEETING:**

**1. Stream 1 NC P4HC Evaluation:**

- The budget is balanced and the invoices are being scanned and assembled for the final report by Lori.
- The draft evaluation has been sent out to the steering committee and the input is being incorporated. Heloise is still waiting for the report from Parkland. She would like to incorporate quotes from the steering committee members.
- Heloise will send out thank you cards to the partners noted in the project.

*Minutes recorded by Lori Fogarty  
NC – P4HC Empowering Family Health Steering Committee  
Distributed by email*

## **2. Steam 2 NC P4HC Implementation**

- Lori will prepare the contract for the hired facilitator.
- The communities offering the 3 workshop topics will be Kersley, Bouchie Lake, Parkland, and Wells/Cottonwood House depending on topic and workshop requirements.  
The 3 workshop topics to be offered are:
  - Foraging: On site workshops offered in June, July and September
  - Canning with a focus on Pressure Canning – May, June and July so participants are ready for the harvesting season. Heloise will check with Melinda to see if this works for her. An alternate presenter could be Maurice Hammel.
  - Dehydration: Phase 2 with a focus on Meals in a Jar – it was suggested the workshops be correlated with the growing season so they can practice the skills.

## **3. Seedy Saturday Update**

Colleen noted there will be 25 displays, 8-9 workshops, 2 Full-time chefs and 3 kid's activities. Lori presented the Grant Policies and Procedures for Accounting Practices information session to the Seedy Saturday committee on March 16.

A welcome sign needs to be made including the sponsors GNC and NC P4HC. It was suggested donation boxes and signage be set up around the CNC site.

## **4. Country Club Update**

The project is going very well. Heloise is working on the budget and Sue continues to coordinate the equipment part of the project. The new treasurer, Wilma Watkin will be writing cheques for this project.

## **5. Delegation to Joint Planning Committee**

Heloise emailed Rhea at City Hall about getting on the agenda, but she has not heard back. She will follow up on this and let the committee know the date and time. Heloise also suggested contacting Autumn McDonald at the Observer to see if they want to do an article on the EFH project.

## **6. Food Policy – Colleen**

Colleen sat in on the webinar. There are varying formats in BC, but she found the model that would work the best for us is the Life Cycles program in Victoria. It includes seed libraries, community and school gardens. Colleen will be in Victoria and would like a letter of introduction.

## **7. Roundtable Planning - Planning for the roundtable was finalized.**

## **8. NEXT MEETING: May 8, 2017 from 11 am – 1 pm at the Longname Society (downstairs)**