

**Tri-Cities Region
Community Profiles and
Food Security Assessment Report**

*Part of the Tri-Cities Region
Food Security Action Plan*

Final

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Acronyms

ALR	Agricultural Land Reserve
BCCDC	BC Centre for Disease Control
Ha	Hectares
GBI	Guaranteed Basic Income
OCP	Official Community Plan
PHABC	Public Health Association of BC
PHSA	Public Health Services Authority
RGS	Regional Growth Strategy
ROW	Right-of-way
SWOT	Strengths, Weaknesses, Opportunities, Threats
TCFC	Tri-Cities Food Council
TCR	Tri-Cities Region
UBCM	Union of BC Municipalities
ZBL	Zoning Bylaw

Glossary and Key Concepts

The following are key concepts and definitions important for a reader to understand when discussing food security. This terminology will be used throughout the *Tri-Cities Region Food Security Assessment and Action Plan* project.

Community Food Security

Community food security arises when all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice.¹

Food Assets

There is no single common definition for food assets; however, they are generally described as components of a local food system. The following table outlines the food asset categories and examples that will be used in this food security assessment and included in the accompanying online food asset map.

Table 1 Examples of Food Assets.

Food Asset	Examples
Food production, hunting, fishing, foraging	Farmland, community gardens, parks, lakes, forests.
Food sources	Grocery stores, farmers' markets, restaurants, food banks, food hampers, meal programs.
Food organizations	Organizations involved in food rescue, recovery, redistribution, food literacy and education, and food advocacy.
Food waste management	Composting and curbside food collection services.
Food processing facilities	Packing houses, community kitchens, cold storage, commissary kitchens, food hubs.
Community food economy and food culture	Harvest/food festivals, food trucks and mobile food markets, farmers markets, agri-tourism.
Community food literacy	School ground gardens, cooking classes, businesses/organizations promoting food literacy.

Source: Urban Food Strategies, Community Food System Planning Strategies

Food Literacy

Food literacy is the ability of an individual to understand food in a way that they develop a positive relationship with it, including food skills and practices across the lifespan in order to navigate, engage, and participate within a complex food system. It's the ability to make decisions to support the

¹ Hamm, M.; Bellows, A. (2003). Community Food Security and Nutrition Educators. *Journal of Nutrition Education and Behavior* 35 (1): 37–43.

achievement of personal health and a sustainable food system considering environmental, social, economic, cultural, and political components.²

Food Security

Food security encompasses many interdependent aspects of society. The common definition of the concept used in BC is from the Population and Public Health Program at BC Centre for Disease Control, which states the goals of food security as: “increase[ing] physical, social and economic access to nutritious, safe, personally and culturally acceptable food with a focus on increasing availability of healthy food produced in a sustainable manner and recognizing the elements of Indigenous food sovereignty.”³

Food Sovereignty

Food Sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems.⁴

Food System

A food system consists of the inter-relationships involved from the external environmental influences (soil, water, and climate) to the growing, cultivating, and raising of food through to the practices of harvesting, hunting, fishing, foraging, and processing of food to an edible form, and then storing, distributing, acquiring, celebrating food, and managing food waste. Education, governance and capacity building are key supports for the food system. Food systems exist and intersect across local, regional, provincial, national, and international scales. The lenses of sustainability and social justice can be incorporated into each element of the food system. Sustainable and socially equitable systems have characteristics such as resiliency, inclusivity, ecologically beneficial and/or regenerative, and fair wages for all involved. Figure 1 (next page) depicts a food system.

Household Food Insecurity

Household food insecurity occurs when a household lacks financial certainty to access healthy, safe, personally acceptable food.⁵ Often, insecurity occurs at several levels: marginally food-insecure; moderately food insecure; severely food insecure. These levels depend on how often an individual or household lacks the financial and/or accessible means to obtain food.

Tri-Cities

Refers to the municipalities of City of Coquitlam, City of Port Coquitlam, and City of Port Moody.

Tri-Cities Region

Refers to the municipalities of City of Coquitlam, City of Port Coquitlam, City of Port Moody, Village of Anmore, and Village of Belcarra.

² Tracy Cullen RD, MS, Janelle Hatch RD, MHSc, Wanda Martin RN, PhD, Joan Wharf Higgins PhD, and Rosanna Sheppard RN, BScN. (2015). Food Literacy: Definition and Framework for Action. Canadian Journal of Dietetic Practice and Research. 76(3): 140-145. <https://doi.org/10.3148/cjdpr-2015-010>

³ BC Centre for Disease Control. (2019). Conceptual framework for food security indicators in British Columbia: Summary report. Vancouver, B.C.: BC Centre for Disease Control, Population and Public Health.

⁴ La Via Campesina International Peasant’s Movement <https://viacampesina.org/en/> and Food Secure Canada <https://foodsecurecanada.org/who-we-are/what-food-sovereignty>

⁵ Li N, Dachner, N, Tarasuk, V, Zhang, R, Kurrein, M, Harris, T, Gustin, S, Rasali, D. (2016). Priority health equity indicators for British Columbia: Household food insecurity report. Vancouver, BC: Provincial Health Services Authority.

Food System Components, Processes, and Activities



Figure 1 Food System Components (Source: [International Institute for Sustainable Development, 2017](#)).

1.0 Introduction

In 2019, the City of Coquitlam, City of Port Coquitlam, City of Port Moody, Village of Anmore, and Fraser Health, along with a number of non-profits and residents in the region, came together to form the Tri-Cities Food Council (TCFC). The need for a baseline study to assess food resources in the region and create a plan to improve food security was identified as a priority for the TCFC. A funding application to the Union of British Columbia Municipalities (UBCM) was successful and a consulting team, was hired in early 2021 to lead the project and work alongside the municipal partners and the TCFC to complete the project.

The Cities of Coquitlam, Port Coquitlam, and Port Moody, as well as the Villages of Anmore and Belcarra (the Tri-Cities Region), are undertaking a collaborative approach to address issues related to household food insecurity and community food security. To do this, a *Tri-Cities Region Food Security Assessment and Action Plan* (the 'Plan') is being completed to assess food security and offer policy recommendations for each municipality. The *Plan* process involves extensive stakeholder engagement with the community and local governments to ensure that recommendations are tailored to the unique characteristics of each municipality and the region as a whole.

The objectives of the *Plan* are to:

- Assess the current state of food security in the region.
- Engage key stakeholders and community members in identifying barriers and opportunities related to local food security.
- Identify current food assets, potential opportunities to support and expand assets, and to create an online food asset map.
- Create a customized and actionable plan for the Tri-Cities, Anmore and Belcarra governments, in partnership with community organizations and health authorities, to better support and encourage actions to increase food security in the region.

This document, the *Tri-Cities Region Community Profiles and Food Security Assessment Report*, is one of the foundational reports that will inform the *Tri-Cities Region Food Security Action Plan*. This report provides descriptions of key food system and food security concepts and examines available demographic and food system data to create Community Profiles for each municipality within the Tri-Cities Region. The information gathered in the individual Community Profiles will inform the assessment of food security for the Tri-Cities Region as a whole and provide a sound factual basis for developing recommendations for increasing food security in the Tri-Cities Region.

2.0 Background and Context

2.1 Food Security Trends and Causes

Before COVID-19, nearly 4.5 million Canadians (approximately 12%) were considered food insecure, meaning they had inadequate financial means to access food.⁶ This number grew during the first two months of the pandemic such that now close to 15% of the population is considered food insecure.⁷ At a national and provincial level, some populations disproportionately experience food insecurity. This includes new immigrants, Indigenous peoples, and Black Canadians.⁸

A higher rate of food insecurity also occurs in Canadian households with children compared to households without children; these households worry about food running out before there is money to buy more and have difficulty affording foods to eat balanced meals.⁹ One in three single mothers are food insecure.¹⁰ The inability to afford food has obvious negative consequences on physical health such as inadequate nutrition leading to conditions like heart disease and diabetes. There are also negative consequences on mental health, such as depression, anxiety, mood disorders and children who experience food insecurity are likely to experience mental-health challenges as adults.¹¹

The driving cause of food insecurity is poverty. Several factors contribute to poverty and low income, including an increase in part-time and temporary jobs, low rates of social assistance, the rising cost of living, and systemic racism and colonialism.¹² A pan-governmental approach is needed to address the root causes of food insecurity. While local governments have little direct control over reducing poverty, they are often the first level of government to respond to inadequate food security when residents within their jurisdictional boundaries are unable to meet their immediate food needs. Increasingly, local governments are assessing their food systems to understand the levels of food security within their boundaries and how the policy and planning tools at their disposal could improve food security for their residents.



⁶ Community Food Centres Canada. (2020). [Beyond Hunger, The Hidden Impacts of Food Insecurity in Canada.](#)

⁷ Statistics Canada. (2020) [Food Insecurity during the Covid-19 Pandemic.](#)

⁸ Community Food Centres Canada. (2020). [Beyond Hunger, The Hidden Impacts of Food Insecurity in Canada.](#)

⁹ Statistics Canada. (2020) [Food Insecurity during the Covid-19 Pandemic.](#)

¹⁰ Community Food Centres Canada. (2020). [Beyond Hunger, The Hidden Impacts of Food Insecurity in Canada.](#)

¹¹ Ibid.

¹² Ibid.

2.2 Food Security Assessments

The purpose of completing a food security assessment is to inform decision-making. Food security assessments collect information about the region and use that information to identify gaps and opportunities for supporting food security. Information is collected on population demographics that influence household food insecurity as well as food system assets that influence the broader food security of a community or region. When completed, the assessment provides results that outline the ability of existing food assets and resources to provide community members with sufficient, nutritional, and culturally acceptable foods. The assessment informs policies and actions for decision-makers, leading to opportunities for elected officials to improve the health and well-being of the community.

Food security assessments have been completed by governments at all levels and communities of all scales across Canada and North America over the past 20 years. Within BC, the Provincial Health Services Authority (PHSA) published a description and guide to complete food security assessments in 2008 which has been the foundational document used by communities throughout BC to complete the assessments. Numerous communities in BC have completed food security assessments and crafted action plans from the results, including the City of Vancouver, City of Revelstoke, Regional District of Kootenay Boundary, and Town of Oliver.



2.3 Role of Local Government in Food Security

Assessments related to food security are complex as food systems include dynamic interactions between political, social, cultural, environmental and economic components of society. Awareness of jurisdictional responsibilities and authority is key in defining policies, strategies, and actions that can be undertaken by local governments.

Although local governments interact with many dimensions of the food system and have numerous ways to support community food security within their jurisdiction, they can be limited in their ability to directly address poverty and housing affordability, which are core drivers of household food insecurity. Nevertheless, there are tools local governments can use, for example, supporting the siting of provincial and regional affordable housing projects within the community through effective planning and zoning. Specific ways that local government can intervene and engage with the food system and work to increase food security and food assets are presented in Table 2.

Table 2 Examples of leverage points of local governments related to the food system.

Food Asset	Local Government Leverage Points
Food production, hunting, fishing, foraging	<ul style="list-style-type: none"> • Protect the Agricultural Land Reserve (ALR) • Ensure effective urban boundaries that provide vegetative buffers adjacent to farmland • Ensure urban agriculture is allowed and supported in planning documents (Official Community Plan, Zoning Bylaws) on public and private lands • Manage potential wildlife and agriculture conflicts • Ensure food-producing infrastructure (such as community gardens) are included in (re)development projects (through tax breaks, requirements, design guidelines). • Collaborate with Indigenous and other community partners to establish teaching, learning, and stewardship opportunities
Food processing facilities	<ul style="list-style-type: none"> • Ensure zoning allows for food hubs, community kitchens, cold storage, commissary kitchens, etc.
Food sources and retail	<ul style="list-style-type: none"> • Create policies to support walkable access to healthy food assets (e.g. grocery store, farm stand, community garden, farmers market) • Support farmer’s markets in a year-round location • Adopt food truck policies and create a simple permitting system • Establish food procurement contracts with local producers and caterers • Consider food access within transportation planning exercises
Food relief and provisioning sources	<ul style="list-style-type: none"> • Prepare for food supply emergencies (education, planning, preparation) • Provide in-kind support by opening up community-owned space for storing, preparing, and distributing meals and food hampers
Food recovery systems	<ul style="list-style-type: none"> • Develop internal programs to reduce food waste within local government operations • Collaborate in regional organic diversion policies and programs
Community food economy and food culture	<ul style="list-style-type: none"> • Provide space and programming for food celebrations • Collaborate with community partners to deepen food culture and diversity of food culture in community. • Provide signage, communications, and marketing of food assets. • Highlight cultural diversity and foods through street festivals
Community food literacy	<ul style="list-style-type: none"> • Provide information on new food-security related initiatives through a dedicated website with several languages. • Include free or low-cost cooking classes as part of community activity planning
<p><i>Source: Urban Food Strategies, Community Food System Planning Strategies</i></p>	

3.0 Community Profiles and Food Security Assessments

This section describes the Community Profiles and associated Food Security Assessments for the City of Coquitlam, City of Port Coquitlam, City of Port Moody, Village of Anmore, and Village of Belcarra. The Tri-Cities Region-wide Profile and Assessment is presented first, to provide context and demonstrate the interconnectedness of the municipalities as related to food security. Subsequently, the Community Profile and Assessment for each local government is listed.

3.1 Methodology

The Community Profiles are organized into three categories of characteristics that are most influential in affecting household and community food security at the local level.

These categories are:

- 1) Individual and Household Demographics
- 2) Community Food Assets
- 3) Local Government Policies and Bylaws

3.1.1 Individual and Household Demographics

Individual and household demographic assessments are compiled using existing reports and datasets¹³ and supplemented by additional information gathered from the interviews of key players within the Tri-Cities Region food system. Individual and household characteristics have the greatest influence on the level of food security a person or family experiences. The most important characteristic is income level, in which a lower income levels result in the reduced ability to afford food.¹⁴ Studies have shown that spending 30% or more of household income on housing is considered “unaffordable” and households spending 30% of their income on housing are less able to afford healthy food and other basic living costs.^{15 16} Education levels are also an important factor as people with higher levels of education tend to have higher income levels and are better able to make informed choices and have opportunities for healthy eating.¹⁷

3.1.2 Community Food Assets

The identification of food assets within an area provides an understanding of the resources available to community members that can support household and community food security. Determining any gaps in food assets can help point to areas in need of support for a more food secure community. The overview of the community food assets includes an online scan of existing food and agriculture related businesses, services and organizations within the Tri-Cities Region. Assets uncovered during interviews with key players in the food system were also included. This overview provides an indication of the level of sophistication of the local food system and helps to highlight any existing food asset gaps.

¹³ The main sources of data regarding the individual and household demographics are: Statistics Canada 2016 Census Data; Public Health Services Authority (PHSA) Community Health Profile Data; and, Food Costing in BC, a 2018 Report by the BC Centre for Disease Control.

¹⁴ BC Centre for Disease Control. (2018). [Food Costing in BC 2017: Assessing the affordability of healthy eating.](#)

¹⁵ Kirpatrick S., and Tarasuk, V. (2011). [Housing Circumstances are Associated with Household Food Access among low-income urban families.](#) Journal of Urban Health.

¹⁶ BC Public Health Services Authority. (2019). [Community Health Profile for Coquitlam.](#)

¹⁷ Ibid.

A food asset map has been created for the Tri-Cities Region to visualize the locations of food assets within the region. Food asset maps have been commonly used throughout BC as a way to connect people living in a region with the food assets available to them. The map contains the location and description of the food asset. Food asset categories highlighted on the map include:

- Farms, farmland and farmgate stands,
- Emergency food providers (food banks),
- Community meal programs,
- Farmers markets,
- Community gardens,
- Local food retailers (small to large grocery stores)
- Community organizations (faith groups, community centres, non-profit groups), and
- Food waste and recovery programs.



SHARE Society. Source: Claire MacLean.

3.2 Policy Analysis Framework

An analysis of the strength of food security policy for each of the five communities is provided within the individual community assessments. The goal is to identify any gaps or problem areas within the statutory and non-statutory plans and strategies with regard to food security and local government policy. An evaluation tool has been developed and tailored to the Tri-Cities Region by the project team to enable a consistent analysis of all five communities involved with this process. This framework is based on over 40 years combined experience working in agriculture and food system planning and is informed by the work of [Food Secure Canada](#) and BC Centre for Disease Control's (BCCDC) Conceptual Framework for Food Security Indicators (2019).¹⁸ Unfortunately there is no comprehensive policy framework in Canada designed

¹⁸ [Conceptual Framework for Food Security Indicators](#), 2019. BC Centre for Disease Control, Provincial Health Services Authority.

to address food insecurity either federally or at the provincial or territorial level¹⁹. This lack of existing framework to guide the development of food security indicators is also noted in the 2019 BCCDC report. Many provinces have enacted poverty reduction strategies, but household food insecurity has not been an explicit focus of these strategies, nor has their impact on household food insecurity been evaluated. Much of the existing published data and framework reports related to food security are relevant to developing countries, rather than first world communities. The 29 indicators chosen for our framework point to the most pertinent ways in which local governments in North America intersect with food and highlight areas where there is an ability to influence levels of household food insecurity and community food security. The indicators fit within the characteristics identified by the BCCDC in that they are:

- comprehensive in scope
- conceptually clear
- usable
- balanced
- able to integrate routinely collected data
- flexible

This framework uses a food system lens to ensure comprehensiveness but not necessarily exhaustiveness. The analysis focuses on policy only and does not consider implementation.

3.2.1 Policy Assessment Tool

The policy assessment tool is aimed at measuring the strength of household and community food security policy in local government plans and strategies. It should be noted that while having a strong rating on all food security elements could represent a best-case-scenario, it is also recognized that unique attributes of each community may influence this rating in various ways (e.g. limiting urban agriculture due to a desire not to create an attractant for wildlife). Therefore, it is not necessarily assumed that every municipality should have policy that addresses every food security dimensions.

Strong		The policy and strategy set as a whole (within a food security dimension) is comprehensive and integrated, addressing multiple dimensions of household and community food security.
Medium		The policy and strategy set as a whole (within a food security dimension) has multiple links to food security but may be missing some key dimension of food security.
Light		The policy and strategy set as a whole (within a food security dimension) has few to no strategies that link directly to food security and is missing many key dimensions of food security.
Not present		The policy and strategy set as a whole does not explicitly cover the food security dimension. This may not necessarily indicate that a new policy and/or strategy is required, as some communities will be faced with challenges or issues that others are not (e.g. housing affordability levels).

¹⁹ PROOF: Food Insecurity Policy Research, 2019. University of Toronto. <https://proof.utoronto.ca/resources/research-publications/public-policy-and-public-programs-to-address-food-insecurity/>

3.2.2 Elements of Household and Community Food Security

The 30 indicators consider a wide range of food security elements through both statutory and non-statutory plans as well as household and community food security policies. These are provided below and are numbered so that you can follow along in the individual community tables.

Household food security:

1. Housing affordability
2. Anti-poverty
3. Social Inclusion, connection
4. Collaborating with social service partners
5. Guaranteed Basic Income (GBI) and/or targeted basic income approaches
6. Overall health
7. Meal programs

Community food security

8. Community gardens
9. Edible landscaping
10. Green roofs
11. Bees and hens
12. Urban farming

Community food infrastructure and education

13. Community kitchens
14. Food rescue and warehouses and distribution hubs for food in the non-profit sector
15. Food skill classes/programs

Community planning/ land use

16. Food security in built environment/ neighbourhood and development plans
17. Agricultural land protection and stewardship
18. Climate adaptation

Environment/ restorative

19. Salmon, migratory water bird, habitat protection
20. Soil health
21. Reducing cosmetic pesticide use
22. Onsite composting
23. Rainwater collection
24. Promoting pollinators

Local economic development

25. Farmers markets
26. Yard gate stands
27. Local government procurement and buying local
28. Food trucks
29. Emergency preparedness

3.3 Food Security Assessment

The information gathered for the community profiles is used in a Strengths, Weaknesses, Opportunities, Threats (SWOT) Assessment to understand overall household and community food security in the Tri-Cities Region. The strengths and weaknesses are internal factors related to food security that local governments, organizations and residents have some control over. The opportunities and threats are external influences that local governments, organizations and residents have little control over but impact food security in the region. Indicators that are commonly used in food system literature are included in the SWOT, such as the proportion of income spent on housing, the availability of community food assets and the depth/breadth of municipal food policies that support food security.²⁰ The SWOT assessment organizes the information gathered during the Community Profiles background research to provide context for understanding current gaps and future opportunities for supporting food security.

²⁰ Population and Public Health, BC Ministry of Health (2014). [Model Core Program Paper: Food Security](#).

4.0 Tri-Cities Region

The food system and factors influencing food security span across jurisdictional boundaries. Therefore, it's informative to assess factors across municipal lines to enable a broader approach to supporting food security. Typically, 'the Tri-Cities' refers to the three cities of Coquitlam, Port Coquitlam and Port Moody. However, for this assessment, the Village of Anmore and the Village of Belcarra are also included. As such, the collective five local governments are referred to the 'Tri-Cities Region' throughout the report. The Tri-Cities Region is located in the lower mainland of British Columbia, within Metro Vancouver (Figure 2). The Tri-Cities Region is uniquely situated as it is in close proximity to the urban centres of Vancouver, Burnaby, Richmond and Surrey, while also near the agriculturally productive areas of Pitt Meadows, Maple Ridge and the Township of Langley.

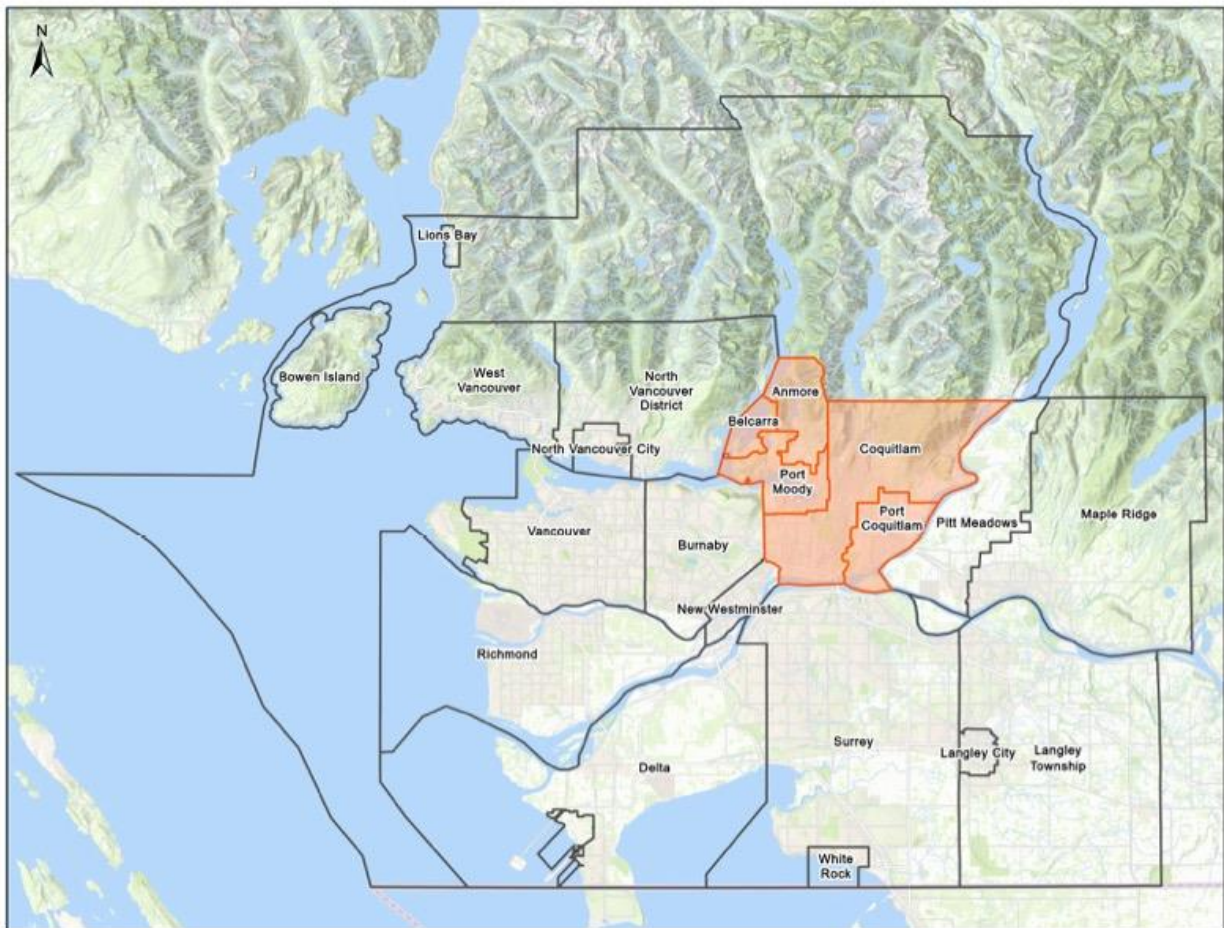


Figure 2 Tri-Cities Region (orange).

4.1 Individual, Household and Community Demographic Data for the Tri-Cities Region

Individual and household characteristics have the greatest influence on food security. The most important characteristic is income level, in which a lower income level results in the reduced ability to afford food.²¹ Tables 3 and 4 (next pages) present demographic and health information for the five municipal partners of the Tri-Cities Region. In general, incomes are higher in all municipalities compared to the rest of the province. However, the percentage of owners and renters spending over 30% of their incomes on shelter is substantial; between 1/5 to 1/4 of homeowners in the region are spending over 30% of their incomes on shelter and in three municipalities this increases to between one third and almost half of renters. This highlights the high cost of living in the Tri-Cities Region which negatively influences the ability for people to afford food.

The Cities of Coquitlam, Port Coquitlam and Port Moody have a diverse population with Mandarin, Cantonese, Korean and Farsi being the most common languages spoken at home besides English and French. When English is not spoken at home, it is often because these residents are recent (first generation) immigrants, which is associated with higher levels of household food insecurity. Furthermore, as many government and non-government resources are only available in English, this can create an additional equity barrier regarding access to food service supports. Culturally appropriate and/or preferred foods may not be readily available.



Colony Farm. Source: Creative Commons

²¹ BC Centre for Disease Control. (2018). [Food Costing in BC 2017: Assessing the affordability of healthy eating.](#)

Table 3 Food security statistics for the Tri-Cities Region communities as compared to BC.

Statistic	City of Coquitlam	City of Port Coquitlam	City of Port Moody	Village of Anmore	Village of Belcarra	BC
Population	139,284	58,612	33,551	2,210	643	4,648,055
Median Age of Population (years)	41.1	40.7	40.6	44.1	55.9	43
Average Household Size	2.7	2.7	2.6	3.2	2.6	2.4
Average Household Income	\$93,837	\$95,644	\$112,027	\$186,134	\$242,720	\$90,354
Median Household Income	\$74,383	\$84,096	\$92,922	\$149,469	\$128,256	\$69,995
Owners spending >30% of income on shelter	26.1%	20.6%	21.4%	22.4%	0%	20.7%
Renters spending >30% of income on shelter	46.6%	40.3%	33.5%	0%	0%	43.3%
Unemployment rate	6.1%	4.7%	5.2%	3.8%	3.2%	6.7%
Education of high school diploma or greater	87.5%	86.4%	90.5%	89%	90.9%	84.5%
Visible minorities as a percentage of the population	50.2%	32.4%	30.4%	22.2%	10.1%	30.3%
Top 3 languages other than English and French spoken at home	7.7% - Mandarin 5.0% - Korean 4.5% - Cantonese	2.9% - Cantonese 2.1% - Mandarin 1.7% - Korean	3.7% - Korean 3.3% - Mandarin 2.0% - Persian (Farsi)	4.3% - Mandarin 2.0% - Korean 0.9% - Polish	3.9% - Mandarin 1.6% - Russian 0.8% - Dutch	4.8% - Punjabi 4.4% - Mandarin 4.4% - Cantonese
Top 3 Ethnicities (as a % of the population)*	1. 47.9% White 2. 20.6% Chinese 3. 7% Korean	64.1% White 11.1% Chinese 4.8% South Asian	68.1% White 10.3% Chinese 4.9% Korean			63.8% White 11.8% Chinese 8.0% South Asian
Indigenous population*	2.4%	3.4%	2.2%			6.6%

Sources: Statistics Canada 2016 Census Data and the Public Health Services Authority 2019 Community Health Profiles Data (* data from PHSA regarding ethnicities and Indigenous population collates Port Moody with Village of Anmore and Village of Belcarra).

Table 4 Health Statistics, Children’s Nutrition and Food Prices (2017).

	Tri-Cities Region	BC
Average monthly cost of food for a family of four	\$985	\$1,019
Students eating 5 or more servings of fruits and vegetables/day in the last 24 hours	47%	44%
Chronic obstructive pulmonary disease age-standardized incidence rate/1000 population (45+ yrs)	6.2	7.6
Diabetes age-standardized incidence rate/1000 population (1+ yrs)	6.0	6.1
Heart failure age-standardized incidence rate/1000 population (1+ yrs)	2.6	3.2
Hypertension age-standardized incidence rate/1000 population (20+ yrs)	19.1	19.8

Sources: BC Centre for Disease Control. (2018). *Food Costing in BC 2017: Assessing the affordability of healthy eating*, and the Public Health Services Authority 2019 Community Health Profiles Data

4.2 Homelessness in the Tri-Cities Region

At the extreme end of food insecurity are people who are homeless and at risk of homelessness. In 2020, 86 people in the Tri-Cities were considered homeless according to the 2020 Homeless Count in Metro Vancouver (Table 5).²² However, this is not representative of the number of people who may be moving in and out of homelessness or who are at risk of homelessness; this number is typically larger than the 24 hour ‘point-in-time’ estimate.²³ These populations would be considered severely food insecure due to their reduced ability to financially afford food.

Table 5 Changes in the number of Individuals experiencing homelessness in certain Metro Vancouver regions.

Region	2008	2011	2014	2017	2020
Tri-Cities	94	48	55	117	86
Burnaby	86	78	58	69	124
New Westminster	124	132	106	133	123
Vancouver	1,576	1,581	1,803	2,138	2,095

Source: BC Non-Profit Housing Association (2020). *2020 Homeless Count in Metro Vancouver. Prepared for the Greater Vancouver Reaching Home Community Entity. Vancouver, BC: Metro Vancouver.*

²² BC Non-Profit Housing Association (2020). *2020 Homeless Count in Metro Vancouver. Prepared for the Greater Vancouver Reaching Home Community Entity. Vancouver, BC: Metro Vancouver.*

²³ Point-in-time homeless counts seek to provide an estimate of the number of people experiencing homelessness during a 24-hour period. This is not the same as estimating the number of people who move in and out of homelessness. Over the course of a year, some people will experience homelessness for the first time, some will find permanent housing, and others will find temporary housing and cycle in and out of homelessness. The homeless count methodology is most effective at counting people that are sometimes referred to as the “visible” homeless. Using the metaphor of an iceberg, the “visible homeless” represent just the tip of the iceberg as many people are ‘hidden homeless’ or at risk of homelessness and these populations were not the focus on this report. Source: BC Non-Profit Housing Association (2020). *2020 Homeless Count in Metro Vancouver. Prepared for the Greater Vancouver Reaching Home Community Entity. Vancouver, BC: Metro Vancouver.*

4.3 Tri-Cities Regional Food Assets

The identification of food assets within an area provides an understanding of the resources available to community members that influence household and community food security. Determining any gaps in food assets point to areas in need of support for a more food secure community. The following section provides a high-level summary of the food assets available in the Tri-Cities Region. The Community Profiles for each municipal partner, in the subsequent sections of this report, provide more detail.

4.3.1 Food Production

The Tri-Cities Region is unique within the BC Lower Mainland as agriculturally productive areas and active farms exist in close proximity to dense urban areas. Blueberries are the top crop grown in the Tri-Cities Region (Table 6). Several farms offer U-Pick opportunities for consumers and sell fruits at farmgate stands; however, it is likely that the majority of the blueberries are sent for export outside the region to consumers in the rest of BC, Canada, USA and overseas. Some small-scale vegetable farming and small-scale livestock operations such as poultry, horse boarding and small-scale beef are occurring within the region.

There is also some ALR land that is not being farmed but has the potential to be brought into agricultural production, primarily on small hectare lots. The active farming occurring within the Tri-Cities Region and the potential for an increase in agricultural production provides opportunities to increase production and connect consumers with their local farmers. Food is also grown in community gardens and on private properties within the Tri-Cities Region. Although the collective volume of food grown in community gardens and on private properties is not known, this small-scale food production can provide important sources of food to individuals and households, as well as an opportunity to gather and share experiences regarding food, leading to an overall benefit to the food culture, food literacy, and the food security of the community.



Poirier Street Farmers Market. Source: Make, Bake, Grow.

Table 6 Agricultural Lands and Farming Activities in the Tri-Cities Region (hectares = ha).

	City of Coquitlam	City of Port Coquitlam	City of Port Moody	Village of Anmore	Village of Belcarra
ALR	Yes, 785 ha	Yes, 539 ha	No	No	No
Farming Activities	285 ha of ALR are actively farmed: <ul style="list-style-type: none"> • 223 ha of blueberries, • 25 ha of forage, • 3 ha of mixed vegetables, • 3 properties with equine activities, and, • 2 properties with cows and/or alpaca. 	124 ha of ALR are actively farmed: <ul style="list-style-type: none"> • 40 ha of blueberries, • 34 ha of forage, • 13 ha of pasture, • 2 ha of vegetables, • 1 ha is a plant nursery, • 2 large poultry operations, and, • 13 other small-scale livestock activities such as equine, poultry, beef and sheep. 	None	Possibly horse boarding and pasture for horses	None
ALR Available for Farming	Yes, 94 ha	Yes, 103 ha	No	No	No
Community Gardens²⁴	5 ²⁵	2	2	None	None
Local Agriculture Zone	Yes	Yes	No	No	No

Source: BC Ministry of Agriculture. (2016). [Agricultural Land Use Inventory](#).

4.3.2 Food Retail

The Tri-Cities Region has a diversity of food sources. Numerous larger chain grocery stores such as Thrifty Foods, Safeway, Save-on-Foods, Walmart, Superstore, Costco, and others, are located in the most populated parts of the region. Many smaller scale independent grocery stores also exist across the region, along with specialty food stores selling particular products and offering food from cultures around the world. Numerous restaurants and cafes offering a variety of cuisines at a wide range of prices operate throughout the region. In the northern neighbourhoods of Port Moody and Coquitlam, as well as Anmore and Belcarra, there are no or limited grocery stores. In some of these areas there are convenience stores; however fresh, good quality produce and foods are often in limited supply at convenience stores.

Four Farmers' Markets operate in the Tri-Cities Region. Coquitlam, Port Coquitlam and Port Moody all have summer farmers markets, typically from June - October, that offer a wide variety of local produce, prepared foods and baked goods. In Port Moody, there is a winter market that operates from November – April that has a smaller availability of local fresh produce but still has vendors selling preserves, baked goods and other prepared foods.

²⁴ In general community gardens range in size from 20 – 70 individual plots of raised beds.

²⁵ One community garden is Colony Farm Community Garden which is the largest in the region with approximately 550 large plots and 7 acres of land.

4.3.3 Food Relief and Provisioning Sources

Non-profit organizations play a crucial role in providing food relief and food provisioning services to the community members of the Tri-Cities Region. The non-profit organizations and several faith-based communities provide free food and free or low-cost meals to individuals and households in need. Table 7 (next page) describes the organizations and programs related to food relief and provisioning in the Tri-Cities Region. The list likely does not include all organizations or programs operating in the Tri-Cities Region as some meal provisioning programs may not advertise online and programs can fluctuate from year to year due to funding and human resource constraints.²⁶ COVID-19 and the related health and safety precautions have impacted some of the meal and food provisioning services.²⁷ Several organizations exhibited their flexibility and resilience in the face of the pandemic impacts by switching to delivery of food hampers, staggering opening hours and other methods to ensure food still reaches those in need. It is expected that when COVID-19 safety protocols are removed, some free meal programs that were postponed, may resume.



Immigrant Link Centre Society. Source: Make, Bake, Grow.

²⁶ The list was compiled through internet searches and speaking with key players/organizations supporting food security.

²⁷ For example, several meal programs listed here are unable to continue due to various reasons related to the COVID-19 pandemic: <https://tricityshomelessness.ca/i-am-homeless/food-meal-programs/>

Table 7 Food related organizations in the Tri-Cities Region, listed alphabetically.

Organization	Description
City Reach Care Society	City Reach Care Society is a non-profit charity running several food provisioning programs including free food hampers, and free hot meals for low-income households, vulnerable families, individuals and seniors.
Faith Based Organizations	Numerous faith-based communities in the Tri-Cities Region provide free meals and food hampers to individuals and households throughout the year and particularly around holidays such as Easter and Christmas.
Immigrant Link Centre Society	A non-profit charity distributing food to people who are in need. Food donations come through grocery chain stores and are foods that are close to best before or one day old. Immigrant Link then sorts the food and hosts a pick-up location for registered families from across the Tri-Cities Region.
PoCo Meals on Wheels	PoCo Meals on Wheels delivers low-cost meals to seniors and households sick and unable to cook for themselves who have registered for meals.
School District 43	Numerous schools within School District 43 provide free and low-cost breakfasts, lunches and snacks to pupils and sometimes families. Food service programs offered differ from school to school, based on the needs of the pupils and community.
SHARE Family and Community Services	SHARE is a non-profit, independent, community-based organization providing leadership and programs in response to the social needs of the residents of the Tri-Cities Region, New Westminster and adjacent communities. The SHARE Food Bank provides direct food support to supplement the diets of hundreds of individuals and families each week through its food banks and food hampers.
The People’s Pantry Food Recovery Society	The People’s Pantry is a non-profit organization that rescues excess food that would otherwise go to waste and make it available to people in need. All of the surplus food is sorted and either pick-up or delivered to households and individuals.
Westcoast Family Centres	Westcoast Family Centres is a non-profit organization that supports local families in need through United Way’s Local Love Food Hub funding. The Local Love Food Hub is a recent to address the urgent need for food during the current pandemic. Every week dedicated volunteers deliver groceries, food hampers, prepared meals, frozen meals and other essential goods at no cost to people in the community who are facing food insecurity.

4.3.4 Food Diversion and Waste Management

Several organizations are involved in diversion of edible food from grocery stores to Tri-Cities Region community members. The Immigrant Link Centre Society and The People’s Pantry are two of these organizations operating within the Tri-Cities Region that distribute food that would otherwise go to waste.

Individuals and households register for their food hampers for pick up or delivery. These organizations have formed partnerships with grocery stores in the region and have developed logistical systems for transporting and sorting food for redistribution within the community.

When food cannot be diverted for edible purposes, the next best alternative is to have it composted. The majority of municipalities in the Tri-Cities Region have a green cart program that collects household food waste on a weekly basis. Several municipalities also provide online resources for backyard composting and backyard composters are available for residents to purchase. Due to the potential for wildlife conflicts with food waste in some areas, municipalities provide advice on how to manage compost bins to minimize bear and other mammals becoming attracted by odours.

4.3.5 Food Processing

Assets related to food processing, such as packing houses, community kitchens, cold storage, and commissary kitchens, and their ancillary services, support a region's food businesses. Food processing businesses in the region are a variety of sizes. Small-scale food processing businesses like breweries, bakeries and butcher shops exist throughout Cities of Coquitlam, Port Coquitlam and Port Moody. In the southern industrial areas of Coquitlam and Port Coquitlam, there are many medium- and large-scale food processing businesses. These businesses manufacture products such as freeze-dried fruits, health foods and supplements, meat processing, granola, baked goods and others. There are also food equipment dealers and businesses offering several services related to food manufacturing (e.g. blending ingredients). It is likely that these businesses provide their services and sell their products through the larger-scale food distributors and wholesalers into the food supply chain.

Within the Tri-Cities Region there is limited to no cold or dry food storage infrastructure available to rent that is suitable for organizations or small to medium scale businesses. There are some larger warehouses and supply chain management companies involved in moving food for supply chains, located in those southern industrial areas of the region.

The municipal governments manage several community/recreation centres and many of these have kitchens for rent. Often churches and faith organizations also have kitchens for rent by community members and organizations. However, often these municipal and faith-owned kitchens may not be adequate for food processing businesses due to their small size and limited equipment options. These types of kitchens may be better suited for cooking and food processing workshops. Many schools in the region have kitchens and prep areas that are used for their in-school meal programs.

There is one commercial kitchen available to rent in Port Coquitlam that provides space and kitchen equipment for small-scale food processing businesses. Sincerely Kitchen is a commercially-licensed, commissary kitchen that offers a variety of 'packages' that include preparation and cooking space and equipment for rent for a certain number of hours per week or month.²⁸ These types of commissary kitchens often foster an exchange of ideas, experiences and support between the food businesses renting the spaces.

²⁸ Link: <http://sincerelykitchen.com>

4.3.6 Community Food Economy and Culture

A strong food economy and culture of a region provides opportunities for connection between consumers, producers and local food businesses through events and activities such as food festivals, food trucks and mobile food markets, farmers markets, and agri-tourism. The Tri-Cities Region has several annual food and drink festivals and markets; however, due to the health and safety precautions during the COVID-19 pandemic, were cancelled or modified. It is expected that when COVID-19 safety protocols are removed, some festivals and markets may resume.

The following are examples of festivals and markets that occurred before the COVID-19 pandemic (pre-March 2020).

- The summer Farmers Markets operating in the region are places for consumers to connect with producers and local food businesses. Before COVID-19 restrictions, they were also a place that celebrated food through live entertainment, small workshops and a place for community members to gather and learn about local food businesses.
- Two annual food truck festivals, one in Coquitlam Town Centre Park and one in Port Moody host food trucks, of all varieties of cuisines and include live music, and activities for kids and adults.
- Port Moody also promotes Murray Street as ‘Brewers Row’ with several breweries on the ‘Port Moody ale trail’.²⁹ These breweries draw people from around the Metro Vancouver region.
- In 2019, the Tri-City International Wine and Food Festival was held in Coquitlam, showcasing international and local wines and foods for tastings.
- The Tri-Cities Chamber of Commerce is often involved in organizing events and promoting local restaurants and food businesses in the Tri-Cities. For example, in early 2021, the Tri-Cities Chamber of Commerce organized and promoted an event, the “Taste of Tri-Cities”, to encourage residents to dine-in or take-out foods from local restaurants in the Tri-Cities.³⁰

The local municipalities help to promote events through their social media channels. The City of Coquitlam also has an active ‘Tourism Coquitlam’ website where local restaurants and food festivals are promoted.³¹

4.3.7 Community Food Literacy

There are many organizations involved in food literacy, education and building community connections around food within the Tri-Cities Region. Table 8 (next page) illustrates the numerous organizations involved in hosting activities ranging from in school programs teaching youth to cook and grow foods to adult and senior programs on healthy eating and cooking. Active organizations and programs in a region increase the public’s overall awareness around healthy eating, cooking and growing food and foster connections between community members.

²⁹ Link: <https://www.portmoody.ca/en/arts-culture-and-heritage/food-and-drink.aspx>

³⁰ Link: https://tricitiechamber.com/tri-local/taste-of-the-tri-cities/?utm_campaign=tri-city%20news&utm_medium=referral&utm_source=tri-city%20news

³¹ Link: <https://visitcoquitlam.ca/>

Table 8 Examples of organizations and programs related to food literacy in the Tri-Cities Region, listed alphabetically.³²

Organization	Description
Access Youth Society	Access Youth Society offers youth cooking classes free of charge. However due to COVID-19, the program now delivers the food to the families signed up for the program and then an online video is created showing how to cook the meal.
Community Garden Societies	Numerous volunteer-run community garden Societies operate within the Tri-Cities Region to manage the community gardens on municipal properties. Pre-COIV-19 health and safety precautions, many Societies hosted workshops and educational event for members and the general public.
Farm to School BC Network	The Farm to School BC Network provides curriculum resources and programming to bring healthy, local and sustainable food into schools and provides students with hands-on learning opportunities that develop food literacy, all while strengthening the local food system and enhancing school and community connectedness. The Public Health Association of BC (PHABC) is the Network’s fiscal and administrative sponsor. One school in Coquitlam participates in the Farm to School programming.
Fresh Roots	Fresh Roots is a non-profit organization working with school communities with the values that everyone deserves access to healthy food, land, and community. Working in partnership with the Coquitlam School District’s Aboriginal Education Department, Fresh Roots is helping re-indigenize the food system at Suwa’lkh School. The program is in a seven acre forest, where activities include learning to propagate native plants, foods, and medicines, and then plant them in the forest. Youth are learning how to grow their own food and to help bring that into the cafeteria program that provides lunch every day.
Grow Local Society Tri-Cities	A non-profit started in 1997 that manages two farmers’ markets, a community garden and hosts workshops and events. They are focused on food security issues throughout the region and build capacity in the community, so that citizens can have access to locally grown and prepared food.

³² The list likely does not include all organizations or programs operating in the Tri-Cities Region as some activities/programs may not advertise online and programs can fluctuate from year to year. The list was compiled through internet searches and speaking with key players/organizations supporting food security.

4.4 Food Security Assessment for the Tri-Cities Region

The SWOT assessment in Table 9 summarizes the most important characteristics of the Tri-Cities Region that influence food security. Overall, there are many strong food assets within the Tri-Cities Region that support food security. The well-established and pro-active organizations in the food security sphere are working to meet the food security needs of Tri-Cities Region community members. The Tri-Cities Region is unique in that there are active farms and the potential for increasing agricultural activities while being close to dense urban populations. Opportunities exist to support local organizations as well as to produce more food within the Tri-Cities Region. The major barrier of food security is the high cost of living leading to the decreased ability for people to afford food and access the food they prefer.

Table 9 Strength, Weakness, Opportunities and Threats (SWOT) Assessment for characteristics influencing food security in the Tri-Cities Region.

Strengths	Weaknesses
<ul style="list-style-type: none"> • Some active farming and food production present in the region. • Established and new individuals, organizations and faith-based communities working in food relief, food diversion, food literacy, and other areas of the food system, across municipal jurisdictions. • A wide range and scale of food retail and food processing businesses operate in the region. • Successful and long-term Farmers Markets and community gardens present in the region. • Numerous and popular events, festivals and workshops related to food occur in the region. • Range of cultural diversity adds richness to the fabric of community food culture and food literacy. • Existing zoning and support services for food processing businesses exist in the southern areas of the region, which could foster an increase in food businesses. 	<ul style="list-style-type: none"> • Some neighbourhoods in the region have limited food stores or other food-related resources within walking proximity. • Lack of culturally diverse grocery stores. • Limited availability of food storage and kitchens to rent for organizations and small-to medium scale businesses. • Lack of warehousing and other distribution spaces for food-recovery groups to operate out of.
Opportunities	Threats
<ul style="list-style-type: none"> • There is ALR and agricultural land with potential for farming. • Region has a large population and is close to larger population centres therefore close to a large market for food products. • Post COVID-19 recovery funding may become available for local governments and organizations to access and activate to improve local food security. 	<ul style="list-style-type: none"> • In most municipalities, 33-50% of renters are spending more than 30% of their incomes on shelter. • Between 20-25% of homeowners in the region are spending over 30% of their incomes on shelter. • Impacts of COVID-19 pandemic have led to reduced capacity in some food relief programs and limited social events/interactions focused on food. • Rising prices of food and living compared to wages. • Conflicts with wildlife and growing food in the more rural areas of the region.

The results from this SWOT assessment provide a baseline context for understanding current gaps and identifying future opportunities for supporting food security.

5.0 City of Coquitlam

The City of Coquitlam is the sixth most populous municipality in BC, comprising of dense urban areas, several large, forested parks and some agricultural lands within the ALR.

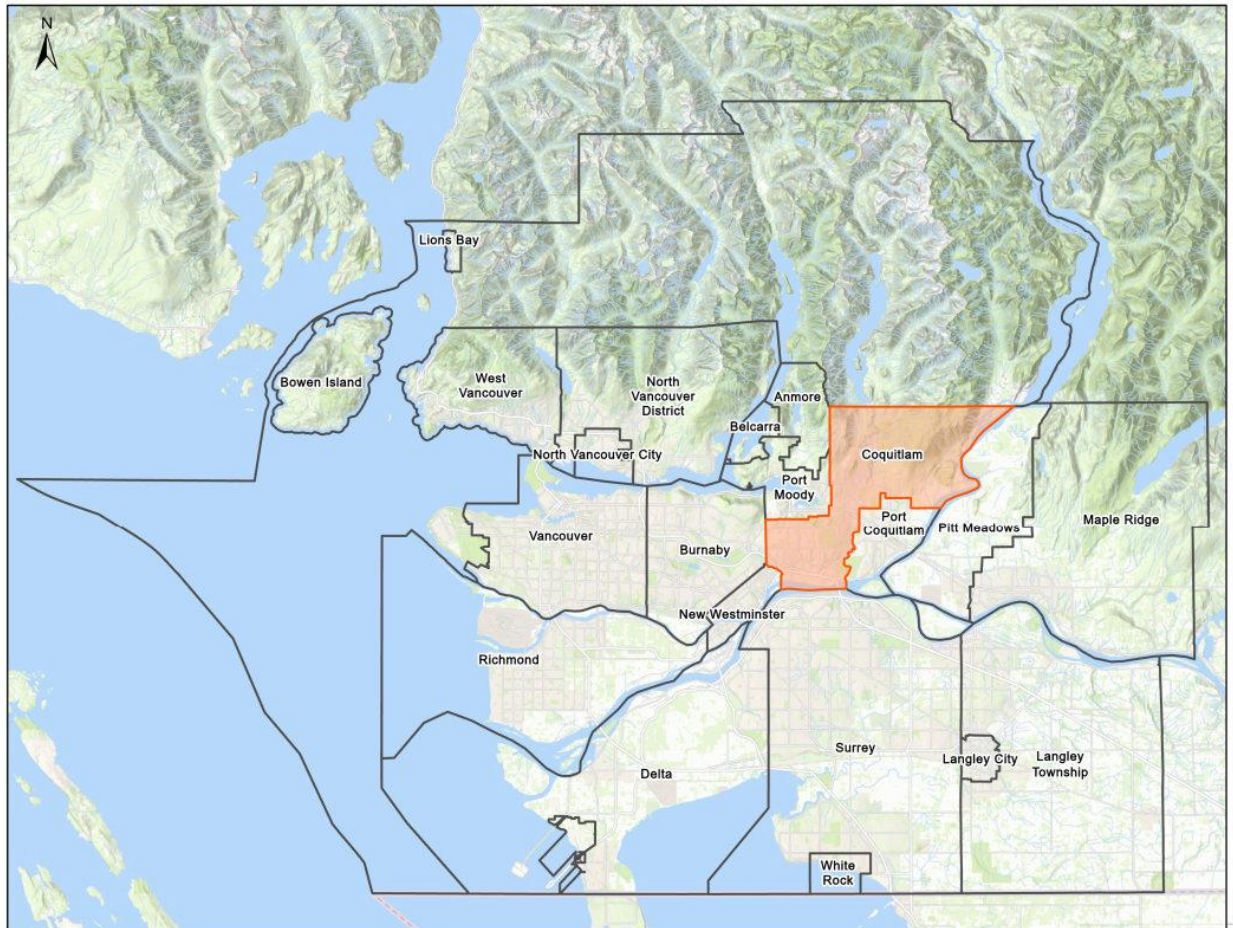


Figure 3 City of Coquitlam (orange).

5.1 Individual and Household Demographics of Coquitlam

Observations from the demographic data (Table 10, next page):

- Just over 20% of homeowners and just under 50% of renters could be considered at risk of some level of food insecurity as they are spending over 30% of their income on shelter. These numbers indicate the higher level of household unaffordability in Coquitlam compared with the rest of the province.
- Incomes and the education rate in the city are slightly higher compared with the province and there is a marginally lower unemployment rate, potentially indicating a higher level of food security for those individuals and households with jobs and education.

Table 10 Demographic characteristics for the City of Coquitlam compared with the province of BC.

Indicator	Coquitlam	BC
Population	139,284	4,648,055
Median Age of Population	41.1	
Average Household Size	2.7	2.4
Average Household Income	\$93,837	\$90,354
Median Household Income	\$74,383	\$69,995
Owners spending >30% of income on shelter	26.1%	20.7%
Renters spending >30% of income on shelter	46.6%	43.3%
Unemployment rate	6.1%	6.7%
Education of high school diploma or greater	87.5%	84.5%
Visible minorities as a percentage of the population	50.2%	30.3%
Languages other than English and French spoken at home	7.7% - Mandarin 5.0% - Korean 4.5% - Cantonese	4.8% - Punjabi 4.4% - Mandarin 4.4% - Cantonese

Sources: Statistics Canada 2016 Census Data and Public Health Services Authority 2019 Community Health Profile for Coquitlam.

5.2 Community Food Assets in Coquitlam

5.2.1 Food Production in Coquitlam

The City of Coquitlam has the greatest amount of agricultural land of all the municipal partners in the Tri-Cities Region with 784 ha within the ALR. In 2016, the Ministry of Agriculture, Food, and Fisheries completed a study which found that 285 ha of ALR are used for agriculture with farming activities including:

- 223 ha of blueberries,
- 25 ha of forage,
- 3 ha of mixed vegetables,
- 3 properties with equine activities, and,
- 2 properties with cows and/or alpaca.³³

Over half of the ALR land in Coquitlam is forested or wetlands and within parks such as Colony Farm Regional Park and Minnekhada Regional Park. However, the 2016 study found that there is some land available and compatible for agricultural uses. There are 23 properties totalling 94 ha that could be brought into crop or livestock production.³⁴

³³ BC Ministry of Agriculture. (2016). [Agricultural Land Use Inventory](#).

³⁴ Ibid.

There are five community gardens in Coquitlam where residents can grow some of their own foods. Four of the gardens range in size from 20 – 40 plots of raised beds. Colony Farm Community Garden is the largest with approximately 550 plots and 7 acres of land.

Land use zoning in the City of Coquitlam permit some agricultural activities to take place on lands not in the ALR, such as growing food and keeping a small number of livestock animals. Additionally, it is likely that there is some amount of household gardening occurring on private properties within the city, although the volume of food grown is not known.

5.2.2 Food Retail in Coquitlam

The food stores and food markets in Coquitlam are located near the most densely populated areas and along major streets. There are limited food stores in the northern and northeastern areas of the city which are mainly areas single house lots and survey developments. In this area there is a larger grocery store and a few convenience stores; however, fresh, good quality produce and foods are often in limited supply at convenience stores.

In the southern, central and western areas of the City there are many larger chain grocery stores such as Safeway, Superstore, Save-on-Foods and others. Smaller, independent grocery stores and several specialty food stores also operate in these areas. Numerous restaurants and cafes offering a variety of cuisines at a wide range of prices also exist in the city. One seasonal farmers market, Poirier Street Farmers Market, operates from May to October on Sundays offering a wide variety of local produce, prepared foods and baked goods.

5.2.3 Food Relief and Provisioning Sources in Coquitlam

Several non-profit organizations operate within the City of Coquitlam to provide free meals to individuals and households in need. The following is a list of some organizations and programs; however, the list likely does not include all organizations or programs operating in Coquitlam as some meal provisioning programs may not advertise online and programs can fluctuate from year to year.

- SHARE Family and Community Services is a non-profit, independent, community-based organization providing leadership and programs in response to the social needs of the residents of the entire Tri-Cities Region and adjacent communities. SHARE operates a Food Bank out of Hillside Church in Coquitlam that provides free food and food hampers each week to individuals and families.
- City Reach Care Society is a non-profit charity running several food provisioning programs including free hot meals for low-income individuals and households, and during COVID-19 moved to a delivery system for providing food hampers. City Reach Care Society also partners with schools in the region to provide meal hampers to families in need. Often City Reach Care Society will distribute hot meals to people in need outside of the Coquitlam RainCity shelter and in parks in the region.
- Immigrant Link Centre Society is a non-profit charity distributing food to people who are in need in Coquitlam and the Tri-Cities Region. Food donations come through grocery chain stores and are foods that are close to best before or one day old. Immigrant Link then distributes the food to families across the Tri-Cities.
- The People’s Pantry is a non-profit serving the citizens of the Tri-Cities. They rescue excess food that would otherwise go to waste and make it available to people in need. All of the surplus food offered to families is safe to eat, nutritious, and meets Food Safety requirements.
- There is a Meals on Wheels program operating in the Tri-Cities Region, including Coquitlam, that delivers low-cost meals to households who have registered for meals.

- The City of Coquitlam offers a twice weekly low-cost meals program for seniors out of the Dogwood Pavilion Recreation Centre. Residents can register for meals to be delivered to their homes.
- Some faith communities also provide free meals and food hampers to individuals and households in Coquitlam, particularly around holidays such as Easter and Christmas.

Due to the health and safety precautions during the COVID-19 pandemic, several free meal programs have been suspended. Some organizations moved to online videos of meal preparation and others switched to programs that delivered food hampers to households. It is expected that when COVID-19 safety protocols are removed, some free meal programs may resume.

5.2.4 Food Diversion and Waste Management in Coquitlam

As mentioned, the Immigrant Link Centre Society and The People’s Pantry are two organizations operating within Coquitlam that distribute food that would otherwise go to waste to individuals and households in need of that food. People who need food register for their food hampers and volunteers deliver the food to the households. The food that is rescued or recovered is from grocery stores and food markets throughout the Tri-Cities Region.

The City of Coquitlam has a curbside ‘green cart’ program that collects food waste from households on a weekly basis. The municipality also provides resources for backyard composting on their website and backyard composters are available for Coquitlam residents to purchase from the City.

5.2.5 Food Processing in Coquitlam

Coquitlam has a number of small-scale food processing businesses like breweries, bakeries and butcher shops. There are a few medium-scale food processing businesses located in the southern industrial areas of the City that manufacture products such as freeze dried fruits, health foods and supplements. There are some food processing equipment dealers in the industrial areas of Coquitlam. A larger-scale poultry processing business is also within the City limits.

There is limited to no cold or dry food storage infrastructure available to rent that is suitable for organizations or small- to medium-scale businesses. There are some larger warehouses and supply chain management companies involved in moving food for food supply chains, located in those southern industrial areas of the City.

The City of Coquitlam manages several community centres and many of these have kitchens for rent. Often churches and faith organizations also have kitchens for rent by community members and organizations. However, often these City and faith owned kitchens may not be adequate for food processing businesses due to their size and limited equipment options. These types of kitchens may be better suited for cooking and food processing workshops.

5.2.6 Community Food Economy and Culture in Coquitlam

Several food and drink festivals and markets typically occur in Coquitlam; however, due to the health and safety precautions during the COVID-19 pandemic, several festivals and markets were cancelled or modified. It is expected that when COVID-19 safety protocols are removed, some festivals and markets may resume.

The following are a list of festivals and markets celebrating food that typically occurred before the COVID-19 pandemic (pre-March 2020).

- In 2019, the Tri-City International Wine and Food Festival was held in Coquitlam, showcasing international and local wines and foods for tastings.
- The Poirier Street summer Farmer’s Market, while being a source of locally produced foods, is also a place that celebrates food through live entertainment, small workshops and a place for community members to gather and learn about local food businesses.
- An annual Food Truck festival is hosted in Coquitlam Town Centre Park. Numerous food trucks of all varieties of cuisines participate and there is live music, activities for kids and adults and a beer garden.

Coquitlam also has a dedicated ‘Tourism Coquitlam’ website where local restaurants and food festivals are promoted.³⁵ The Tri-Cities Chamber of Commerce is often involved in organizing events and promoting local restaurants and food businesses in the Tri-Cities. For example, in early 2021, the Tri-Cities Chamber of Commerce organized and promoted an event, the “Taste of Tri-Cities”, to encourage residents to dine-in or take-out foods from local restaurants in the Tri-Cities.³⁶

5.2.7 Community Food Literacy in Coquitlam

There are numerous organizations involved in educational activities related to the food system in Coquitlam. Activities range from in school programs teaching youth to cook and grow foods to non-profit organization hosting adult/senior programs on healthy eating and cooking. The following is a list of programs, workshops and events often offered in the City of Coquitlam; however, this is by no means a comprehensive list as programs offered can change frequently.³⁷

- The non-profit organization Access Youth Society offers youth cooking classes free of charge. However due to COVID-19, the program now delivers the food to the families signed up for the program and then an online video is created showing how to cook the meal.³⁸
- The non-profit organization Grow Local Society Tri-Cities hosts numerous workshops throughout the year. Workshops include topics such as planting pollinator friendly plants, mason bee house building, growing food indoors, pickling and canning, cooking and several other topics.³⁹ Recently due to COVID-19 they have been producing weekly blog posts and educational materials related to growing food and food security.⁴⁰
- The Farm to School BC Network provides curriculum resources and programming to bring healthy, local and sustainable food into schools and provides students with hands-on learning opportunities that develop food literacy, all while strengthening the local food system and enhancing school and community connectedness. The Public Health Association of BC (PHABC) is the Network’s fiscal and administrative sponsor. One school in Coquitlam participates in the Farm to School programming.

³⁵ Link: <https://visitcoquitlam.ca/>

³⁶ Link: https://tricitiechamber.com/tri-local/taste-of-the-tri-cities/?utm_campaign=tri-city%20news&utm_medium=referral&utm_source=tri-city%20news

³⁷ The list was compiled through internet searches and speaking with key players/organizations supporting food security.

³⁸ Link: <https://www.accessyouth.org/2019/12/30/new-youth-gour-made-cooking-program/>

³⁹ Link: <http://makebakegrow.com/workshops/>

⁴⁰ Link: <http://makebakegrow.com/category/virtual-pop-club/>

5.3 City of Coquitlam Food Security Policy Analysis

City of Coquitlam						
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes
	Strong	Medium	Light	Not present		
Household Food Security						
1. Housing Affordability					Update 2015 strategy to acknowledge connections between housing and food security.	The city has achieved some progress on creating new market and non-market rental housing City of Coquitlam Housing Affordability Strategy (2015), 2020 Progress Report. OCP also has a housing affordability policy set
2. Anti-Poverty					Elevate anti-poverty in City plans and strategies.	Poverty reduction is integrated with the Housing Affordability Strategy but is not mentioned in City of Coquitlam statutory and non-statutory plans and policies
3. Social Inclusion, connection					Create social inclusion and connection principles and policies to be included into the OCP and other guiding documents. Consider developing an equity framework to guide decision making and actions.	Social inclusion and connection are recognized but does not have any specific policies.
4. Collaborating with social service partners					Build on successful existing partnerships for community programs including social services	Existing positive relationships (e.g Austin Heights BIA and Coquitlam Munch Program)
5. Guaranteed basic income (GBI) and/or Targeted Basic Income Approaches					Consider including a policy in the OCP e.g., “the City of Coquitlam supports targeted basic income approaches ⁴¹ for all Canadians”.	Neither targeted basic income approaches nor GBI are mentioned in City of Coquitlam statutory and non-statutory plans and policies
6. Overall health					Include an overall health lens in the OCP and other guiding documents.	Overall health is not a major theme in the OCP.

⁴¹ Green, David., Kesselman, Jonathan., Tedds, Lindsay. (2020). [Covering All the Basics: Reforms for a More Just Society](#).

City of Coquitlam							
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes	
	Strong	Medium	Light	Not present			
7. Meal programs					Consider providing in-kind supports for meal programs such as facility rental, cooler space, delivery vehicles.	The meals for Seniors Program was initiated as a result of the pandemic through the Parks Department. The purpose of the program is to provide low cost (\$7.50), healthy meals to seniors. The meals are delivered to seniors for free or could be picked up from the Glen Pine or Dogwood pavilions. This is temporarily replacing the regular low cost meals that have been offered through the pavilions	
Community Food Security							
Urban agriculture							
8. Community gardens					Expand number of community garden allotments based on demand.	The Parks Division currently operates four community gardens for which they charge a nominal amount and use volunteers to assist with maintenance (Burke Mountain Community Garden, Town Centre Park, Scott Creek Community Garden)	
9. Edible landscaping					Update boulevard maintenance bylaw to include pollinator and other beneficial plantings that do not attract bears.	Food crops, berries, fruit or veg or other attractants for bears not allowed in boulevards . This is likely a good strategy due to the concern of drawing bears into urban areas.	
10. Green roofs					Integrate definitions and permitted uses/zones for intensive and extensive green roofs	N/A	
11. Bees and hens					Consider including bees and hens in animal control bylaw for residential areas and educational programs	N/A	
12. Urban farming					Consideration of rules/bylaws/licenses/ supports for micro scale commercial production.	City of Coquitlam plans and strategies do not mention urban farming specifically.	
Community food infrastructure and education							

City of Coquitlam							
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes	
	Strong	Medium	Light	Not present			
13. Community kitchens					Streamlining permits for community use of rec facilities including kitchens.	-	
14. Food rescue and warehouses and distribution hubs for food in the non-profit sector					Identify as an opportunity in local government planning and policy documents	City of Coquitlam plans and strategies do not cover food rescue and/or non-profit warehouse	
15. Food skill classes/programs					Build on current Parks Division approach to provide educational resources and demonstration projects.	Parks Division approach to food security is focused on educational and demonstration mandates. The Coquitlam in Bloom project is a way that Coquitlam shares information around gardens, pollinators and other educational initiatives related to educating and promoting the value of food security.	
Community Planning/ Land Use							
16. Food security in built environment/ neighbourhood and development plans					Develop actions and strategies for food security in the built environment theme of the OCP	“Healthy food access” is mentioned in the narrative in the Built Environment theme, but there are no actions or strategies that specifically speak to this yet. Neighbourhood development plans* (adopted and in progress) integrate food security elements such as food trucks, food vending in plazas, gardens in open spaces, urban agriculture in public realm, and agricultural land protection. * Coquitlam City Centre Plan, Southwest Community Area Plan and Northeast Coquitlam Area Plan	
17. Agricultural land protection and stewardship					Continue to protect agricultural land and recognize the ecological benefits of farmland (e.g. Pacific flyway)	From the OCP: To ensure the continued viability of Coquitlam agriculture while providing for its positive contribution to Coquitlam’s overall ecological health (Section 5.8- Resource activities.)	

City of Coquitlam						
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes
	Strong	Medium	Light	Not present		
18. Climate adaptation					Ensure that the link between neighbourhood grocery stores and reducing emissions is integrated with neighbourhood development planning.	Decreasing grocery store trips by increasing neighbourhood grocery stores is recognized as a strategy to reduce carbon emissions (Community Greenhouse Gas Reduction Strategy)
Environment/ restorative						
19. Salmon, migratory water bird, habitat protection						Acknowledged with the link to farmland in the OCP.
20. Soil health					Include soil health as a goal in plans and policies	City of Coquitlam plans and strategies do not cover soil health
21. Reducing cosmetic pesticide use					Consider a cosmetic pesticide ban on residential and commercial properties	City of Coquitlam plans and strategies do not cover cosmetic pesticide use
22. Onsite composting					N/A	N/A
23. Rainwater collection					Include rainwater collection information and resources to residents and businesses	-
24. Promoting pollinators					Include pollinators in plans and strategies	It is recognized that in order to ensure food crops that pollinators are needed and so the City has been active and are recognized for their pollinator themed activities
Local economic development						
25. Farmers markets					Continue to celebrate and support market organizers with space, signage, and other supports for safe and effective operation.	The Coquitlam farmers market, run by the Grow Local Society, is permitted to operate in public space and the City has supported the group in adapting to COVID and establishing a new location in the Poirier Precinct
26. Yard gate stands					Allowing yard gate and share stands are a strategy for enabling	City of Coquitlam plans and strategies do not cover yard gate stands

City of Coquitlam						
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes
	Strong	Medium	Light	Not present		
					the sale or sharing of surplus garden produce.	
27. Local government procurement and buying local					Develop local procurement policies for local government. Continue to promote 'buy local'	The City of Coquitlam encourages residents and visitors to support local, particularly as it relates to food and retail. Food and agriculture are acknowledged in the OCP (2001), in the economic development section.
28. Food trucks					Encourage food trucks by creating food truck zones	
29. Emergency preparedness					Update emergency preparedness plans to include food assets and food security in human and natural disasters. Also consider recovery in addition to preparedness.	City of Coquitlam has emergency planning in place that includes a disaster response plan, public works response plan, and evacuation planning.

5.4 Food Security Assessment for Coquitlam

The SWOT assessment in Table 11 summarizes the most important characteristics of the City of Coquitlam that influence food security. Overall, there are many strong food assets within the City of Coquitlam that support food security. The well-established and pro-active organizations in the food security sphere are working to meet the food security needs of Coquitlam community members. Opportunities exist to support these successful organizations as well as to produce more food on some of the underutilized ALR lands within the City. The major barrier of food security is the high cost of living leading to the decreased ability for people to afford food and access the foods they prefer.

Table 11 Strength, Weakness, Opportunities and Threats Assessment for characteristics influencing food security in the City of Coquitlam.

Strengths	Weaknesses
<ul style="list-style-type: none"> • Largest number of active farming and food production activities within the Tri-Cities Region • Established and new organizations working in food relief, food diversion, food literacy, and other areas of the food system. • A wide range and scale of food retail and food processing businesses operate in the region. • Successful and long-term Farmers Market and community gardens. • Some events, festivals and workshops related to food occur in the City. • Tourism Coquitlam website promotes local food events. • The City has a very active community garden program. • The City has begun to integrate food assets into new development through planning and policy. 	<ul style="list-style-type: none"> • Some neighbourhoods in the region have limited food stores in walking proximity. • Limited availability of food storage and kitchens to rent for organizations and small-to medium scale businesses. • Policy analysis points to gaps that should be filled including (but not limited to): OCP updates (add anti-poverty, Guaranteed Basic Income, soil health, pollinators, emergency planning and food references); in-kind supports for local meal programs; Boulevard Maintenance Bylaw updates; Animal Control Bylaw updates (bees/hens); introduce a cosmetic pesticide ban; provide additional compost services; alternative food retail options (e.g. yard gate sales); a municipal local food procurement policy; and emergency planning for food security.
Opportunities	Threats
<ul style="list-style-type: none"> • There is potential to bring more ALR into production. • Region has a large population, is close to larger population centres therefore close to a large market for food products. • Building upon and supporting the work of existing organizations and initiatives. • Additional food processing businesses could be located in Industrially zoned southern area of City. • COVID-19 pandemic relief funding from various levels of government may offer an opportunity to fund some recommendations for improving household and/or community food security. 	<ul style="list-style-type: none"> • 50% of renters are spending more than 30% of their incomes on shelter. • 20% of homeowners are spending over 30% of their incomes on shelter. • Impacts of COVID-19 pandemic have led to reduced capacity in some food relief programs and limited social events/interactions focused on food. • Rising prices of food and living compared to wages.

6.0 City of Port Coquitlam

The City of Port Coquitlam is located in Metro Vancouver on the north shore of the confluence of the Fraser River and Pitt River.

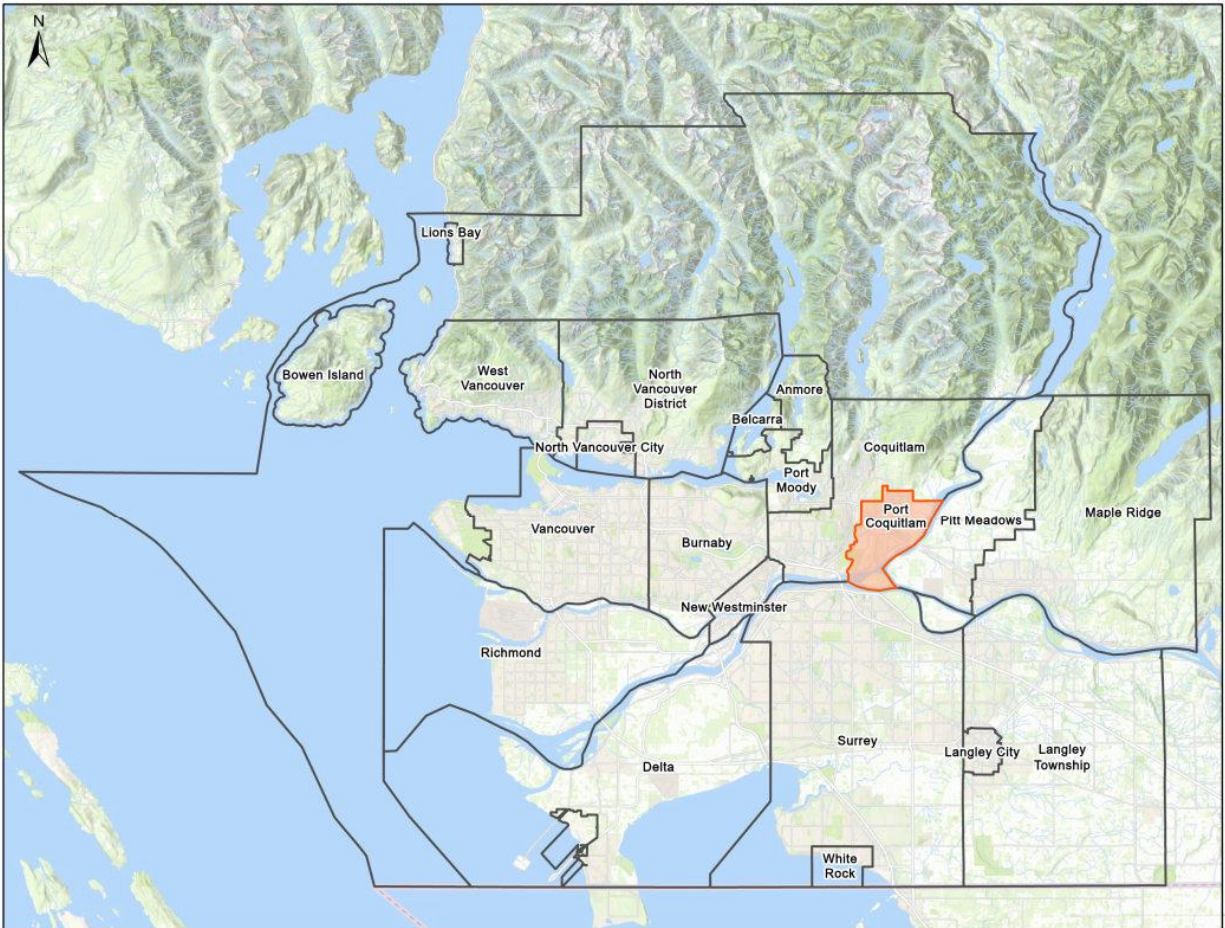


Figure 4 City of Port Coquitlam (orange).

6.1 Individual and Household Demographics for Port Coquitlam

Observations from the demographic data presented in Table 12 (next page):

- 40% percent of renters and 20% of homeowners could be considered at risk of some level of food insecurity as they are spending over 30% of their income on shelter.
- Incomes and the education rate in the city are slightly higher compared with the province and there is a lower unemployment rate, potentially indicating a higher level of food security for those individuals and households with jobs and education.

Table 12 Demographic characteristics for Port Coquitlam compared with the province of BC.

	Port Coquitlam	BC
Population	58,612	4,648,055
Median Age of Population	40.7	43
Average Household Size	2.7	2.4
Average Household Income	\$95,644	\$90,354
Median Household Income	\$84,096	\$69,995
Owners spending >30% of income on shelter	20.6%	20.7%
Renters spending >30% of income on shelter	40.3%	43.3%
Unemployment rate	4.7%	6.7%
Education of high school diploma or greater	86.4%	84.5%
Visible minorities as a percentage of the population	32.4%	30.3%
Languages other than English and French spoken at home	2.9% - Cantonese	4.8% - Punjabi
	2.1% - Mandarin	4.4% - Mandarin
	1.7% - Korean	4.4% - Cantonese

Sources: Statistics Canada 2016 Census Data and Public Health Services Authority 2019 Community Health Profile for Port Coquitlam.

6.2 Community Food Assets in Port Coquitlam

The identification of food assets within an area provides an understanding of the resources available to community members that can support household and community food security. Determining any gaps in food assets can help point to areas in need of support for a more food secure community. The following section summarizes the food assets available in the City of Port Coquitlam.

6.2.1 Food Production in Port Coquitlam

Within the City of Port Coquitlam, there are 539 ha of land in the ALR. In 2016, the Ministry of Agriculture, Food, and Fisheries completed a study,⁴² which found that 124 ha of ALR are used for agriculture with farming activities including:

- 40 ha of blueberries,
- 34 ha of forage,
- 13 ha of pasture,
- 2 ha of vegetables,
- 1 ha is a plant nursery,
- 2 large poultry operations, and,
- 13 other small-scale livestock activities such as equine, poultry, beef and sheep.

Approximately 46% of the ALR land in Port Coquitlam is forested or wetlands and within parks such as Colony Farm Regional Park. However, the 2016 study found that there is some land available and compatible for agricultural uses. There are 77 properties, ranging from 1 – 8 ha in size, totalling 103 ha that could be brought into crop or livestock production.⁴³

⁴² BC Ministry of Agriculture. (2016). [Agricultural Land Use Inventory](#).

⁴³ Ibid.

There are two community gardens in Port Coquitlam where residents can grow some of their own foods. The gardens range in size from 20 – 40 plots of raised beds. It is likely that there is also some amount of household gardening occurring on private properties within the city, although the volume of food grown is not known.

6.2.2 Food Retail in Port Coquitlam

The food stores and food markets in Port Coquitlam are located near the most densely populated areas and within major town and shopping centres. Food sources include many larger chain grocery stores such as No Frills, Walmart, Save-on-Foods and others. Smaller, independent grocery stores and several specialty food stores also operate in these major shopping areas. There are limited grocery stores in the southwestern area of the city which are mainly areas with single family lots and residential survey developments. In this area there are a few convenience stores; however, fresh, good quality produce and foods are often in limited supply at convenience stores. Numerous restaurants and cafes offering a variety of cuisines at a wide range of prices also exist across the City. One seasonal farmers market operates next to City Hall from July to October on Thursdays offering a wide variety of local produce, prepared foods and baked goods.

6.2.3 Food Relief and Provisioning Sources in Port Coquitlam

Several non-profit organizations operate within the City of Port Coquitlam to provide free meals to individuals and households in need. The following is a list of some organizations and programs; however, the list likely does not include all organizations or programs operating in Port Coquitlam as some meal provisioning programs may not advertise online and programs can fluctuate from year to year.

- SHARE Family and Community Services is a non-profit, independent, community-based organization providing leadership and programs in response to the social needs of the residents of the entire Tri-Cities Region and adjacent communities. SHARE operates a Food Bank out of Trinity United Church in Coquitlam that provides free food and food hampers each week to individuals and families.
- City Reach Care Society is a non-profit charity running several food provisioning programs including free hot meals for low-income individuals and households, and during COVID-19 moved to a delivery system for providing food hampers. City Reach Care Society also partners with schools in the region to provide meal hampers to families in need. Often City Reach Care Society will distribute hot meals to people at Lions Park.
- Immigrant Link Centre Society is a non-profit charity distributing food to people who are in need in Port Coquitlam and the Tri-Cities Region. Food donations come through grocery chain stores and are foods that are close to best before or one day old. Immigrant Link then distributes the food to families across the Tri-Cities.
- The People's Pantry is a non-profit serving the citizens of the Tri-Cities. They rescue excess food that would otherwise go to waste and make it available to people in need. All of the surplus food offered to families is safe to eat, nutritious, and meets Food Safety requirements.
- The PoCo Meals on Wheels program delivers low-cost meals to households who have registered for meals, throughout the Tri-Cities.
- Some faith communities also provide free meals and food hampers to individuals and households in Port Coquitlam, particularly around holidays such as Easter and Christmas.

Due to the health and safety precautions during the COVID-19 pandemic, several free meal programs have been suspended.⁴⁴ Some organizations moved to online videos of meal preparation and others switched to programs that delivered food hampers to households. It is expected that when COVID-19 safety protocols are removed, some free meal programs may resume.

6.2.4 Food Diversion and Waste Management in Port Coquitlam

As mentioned, the Immigrant Link Centre Society and The People’s Pantry are two organizations operating within Port Coquitlam that distribute food that would otherwise go to waste to individuals and households in need of that food. People who need food register for their food hampers and volunteers deliver the food to the households. The food that is rescued or recovered is from grocery stores and food markets throughout the Tri-Cities Region.

The City of Port Coquitlam has a curbside ‘green cart’ program that collects food waste from households on a weekly basis.

6.2.5 Food Processing in Port Coquitlam

Port Coquitlam has a number of small-scale food processing businesses like breweries, bakeries and butcher shops. There are several medium- and large-scale food manufacturing, processing and distribution businesses located in the southern industrial areas of the City (surrounding the Canadian Pacific Railway yards). These businesses process a variety of products (e.g. meat processing, health food supplements, granola, baked goods and others) and offer several services related to food manufacturing (e.g. blending ingredients, food processing equipment). It is likely that these businesses provide their services and sell their products through food distributors and wholesalers into the food supply chain.

There is limited to no cold or dry food storage infrastructure available to rent that is suitable for organizations or small- to medium-scale businesses. There are some larger warehouses and supply chain management companies involved in moving food for food supply chains, located in those southern industrial areas of the city.

There is one commercial kitchen available to rent in Port Coquitlam that provide space and kitchen equipment for small-scale food processing businesses. Sincerely Kitchen is a commercially licensed, commissary kitchen that offers a variety of ‘packages’ that include preparation and cooking space and equipment for rent for a certain number of hours per week or month.⁴⁵

The City of Port Coquitlam manages several community centres and many of these may have kitchens for rent. Often churches and faith organizations also have kitchens for rent by community members and organizations. However, often these City and faith owned kitchens may not be adequate for food processing businesses due to their size and limited equipment options. These types of kitchen may be better suited for cooking and food processing workshops.

Port Coquitlam has a number of vertically-integrated small-scale food processing businesses like breweries, bakeries and butcher shops. There is limited to no cold or dry food storage infrastructure available to rent

⁴⁴ Link: <https://tricityshomelessness.ca/i-am-homeless/food-meal-programs/>

⁴⁵ Link: <http://sincerelykitchen.com>

that is suitable for organizations or small- to medium-scale businesses. There are no larger-scale food processing businesses such as poultry processing or food manufacturing within the City limits.

The City of Port Coquitlam manages several community centres and many of these have kitchens for rent.⁴⁶ Churches and other faith-based organizations in the City also have kitchens for rent by community members and organizations. However, often these kitchens may not be adequate for food processing businesses due to their size and limited equipment options or lack of FoodSafe certification. These types of kitchens may be better suited for cooking and food processing workshops.

6.2.6 Community Food Economy and Culture in Port Coquitlam

Several events involving local food vendors typically occur in Port Coquitlam; however, due to the health and safety precautions during the COVID-19 pandemic, several events and markets were cancelled or modified. It is expected that when COVID-19 safety protocols are removed, some events and markets may resume. For example, before COVID-19, the Port Coquitlam summer farmer's market, while being a source of locally produced foods, was also a place that celebrated food through live entertainment, small workshops and a place for community members to gather and learn about local food businesses.

The Tri-Cities Chamber of Commerce is often involved in organizing events and promoting local restaurants and food businesses in the Tri-Cities. For example, in early 2021, the Tri-Cities Chamber of Commerce organized and promoted an event, the "Taste of Tri-Cities", to encourage residents to dine-in or take-out foods from local restaurants in the Tri-Cities.⁴⁷

6.2.7 Community Food Literacy in Port Coquitlam

There are numerous organizations involved in educational activities related to the food system in Port Coquitlam. Activities range from in-school programs teaching youth to cook and grow foods to non-profit organization hosting adult/senior programs on healthy eating and cooking. The following is a list of programs, workshops and events often offered in the City of Port Coquitlam; however, this is by no means a comprehensive list as programs offered can change frequently.⁴⁸

- The non-profit organization Access Youth Society offers youth cooking classes free of charge. However due to COVID-19, the program now delivers the food to the families signed up for the program and then an online video is created showing how to cook the meal.⁴⁹
- The non-profit organization Grow Local Society Tri-Cities hosts numerous workshops throughout the year. Workshops include topics such as planting pollinator friendly plants, mason bee house building, growing food indoors, pickling and canning, cooking and several other topics.⁵⁰ Recently due to COVID-19 they have been producing weekly blog posts and educational materials related to growing food and food security.⁵¹

⁴⁶ Link: <https://www.portmoody.ca/en/recreation-parks-and-environment/facilities-and-rentals.aspx#Recreation-Complex>

⁴⁷ Link: https://tricitiechamber.com/tri-local/taste-of-the-tri-cities/?utm_campaign=tri-city%20news&utm_medium=referral&utm_source=tri-city%20news

⁴⁸ The list was compiled through internet searches and speaking with key players/organizations supporting food security.

⁴⁹ Link: <https://www.accessyouth.org/2019/12/30/new-youth-gour-made-cooking-program/>

⁵⁰ Link: <http://makebakegrow.com/workshops/>

⁵¹ Link: <http://makebakegrow.com/category/virtual-pop-club/>

6.3 Port Coquitlam Food Security Policy Analysis

City of Port Coquitlam							
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes	
	Strong	Medium	Light	Not present			
Household Food Security							
1. Housing Affordability					Deepen approach to housing affordability	The OCP (2013) Identifies housing affordability as an issue, OCP includes non-market housing policies- not explicit on affordability but appears to set direction for housing diversity	
2. Anti-Poverty					Consider integrating anti-poverty into policy context and policies.	City of Port Coquitlam plans and strategies do not explicitly cover anti-poverty	
3. Social Inclusion, connection					Consider integrating social inclusion into policy context and policies. Consider developing an equity framework to guide decision making and actions.	City of Port Coquitlam plans and strategies do not explicitly cover social inclusion	
4. Collaborating with social service partners					Consider integrating collaboration with social service partners into policy context and policies.	City of Port Coquitlam plans and strategies do not explicitly cover collaboration with social service partners	
5. Guaranteed Basic Income and/or Targeted basic income approaches					Consider including a policy in the OCP e.g.,” the City of Port Coquitlam supports targeted basic income approaches ⁵² for all Canadians”.	City of Port Coquitlam plans and strategies do not explicitly cover targeted basic income approaches or GBI.	
6. Overall health					Consider integrating overall community health into policy context and policies.	City of Port Coquitlam plans and strategies do not explicitly cover overall health	
7. Meal programs					Consider what supports local government can provide for meal programs.	City of Port Coquitlam plans and strategies do not explicitly cover meal programs	

⁵² Green, David., Kesselman, Jonathan., Tedds, Lindsay. (2020). [Covering All the Basics: Reforms for a More Just Society](#).

City of Port Coquitlam						
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes
	Strong	Medium	Light	Not present		
Community Food Security						
Urban agriculture						
8. Community gardens					Integrate community gardens as a permitted use in public and private lands. Consider allowing community gardens in all zones.	Community gardens are not covered in Port Coquitlam's statutory plans or non-statutory plans.
9. Edible landscaping					Include edible plantings in boulevards where appropriate.	The Boulevard Maintenance Bylaw (2018, #3965) does not mention food plants specifically, but also does not prohibit food plans as long as they adhere to the bylaw.
10. Green roofs					Determine how many square feet of green roof this bylaw has had.	Green roofs are defined in the ZBL and required for buildings over 5,000m ² . A green roof must be provided on 75% of the roof area.
11. Bees and hens					Consider including hens and other small livestock in ZBL and Animal control bylaw.	Bees are defined in the ZBL and accessory bee keeping must comply with regulations on number of hives, minimum lot size, siting and location, and enclosures. Bee keeping is permitted in A and RS3 zones as well as residential zones RS1, RS2, RS4, and RD. Hens and other small game are not included in Animal Control Bylaw 2017 (no. 3990)
12. Urban farming					Consider developing rules/bylaws/licenses/ supports for micro scale commercial food production.	Urban Farming is not covered in Port Coquitlam's statutory plans or non-statutory plans.
Community food infrastructure and education						
13. Community kitchens					Consider streamlining and coordinating permits for community use of rec recreation facilities including kitchens.	Community kitchens are not covered in Port Coquitlam's statutory or non-statutory plans.
14. Food rescue and warehouses and distribution hubs for					Identify food rescue and warehousing as a potential	Climate Action Plan - 2010 mentions food waste and composting.

City of Port Coquitlam						
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes
	Strong	Medium	Light	Not present		
food in the non-profit sector					opportunity in local government planning and policy documents	
15. Food skill classes/programs					Develop and coordinate city sponsored programs as well as support other organizations in providing educational resources and programs.	Food skills classes and programs are not covered in Port Coquitlam's statutory or non-statutory plans.
Community Planning/ Land Use						
16. Food security in built environment/ neighbourhood and development plans					Ensure that food security and food assets are integrating into the development approval process.	The ZBL requires green roofs on buildings over a certain size.
17. Agricultural land protection and stewardship					Consider a strategy for small lot agriculture to ensure this land is kept in the ALR and supports viability of small to medium scale farms. An agriculture plan was identified in Section 7.3 of the RGS.	The OCP (2013) identifies agriculture as part of economic development and contains policies for protecting land in the ALR through assigning appropriate designations and discouraging subdivision and fragmentation/non-farm uses. The City has 230 acres of ALR but does not have a long range agriculture plan. The OCP also contains guidelines and policies for managing the urban agricultural edge.
18. Climate adaptation					Consider updating climate adaptation strategy that integrates food systems and security.	Climate Action Plan - 2010 mentions food waste and composting.
Environment/ restorative						
19. Salmon, migratory water bird, habitat protection					Determine if any changes or updates are needed for protection of ecosystems.	The Environmental Strategic Plan (2011) links to salmon habitat

City of Port Coquitlam						
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes
	Strong	Medium	Light	Not present		
20. Soil health					Integrate soil health as a land management principle for public and private land.	Climate Action Plan - 2010 mentions food waste and composting.
21. Reducing cosmetic pesticide use					Consider a cosmetic pesticide ban on residential and commercial properties	Reducing cosmetic pesticide use is not covered in Port Coquitlam's statutory and non-statutory plans.
22. Onsite composting					Determine if on-site composting is needed.	Onsite composting is not covered in Port Coquitlam's statutory and non-statutory plans.
23. Rainwater collection					Include incentives and tools for rainwater collection in residential and commercial zones.	Rainwater collection is not covered in Port Coquitlam's statutory and non-statutory plans.
24. Promoting pollinators					Include pollinator plantings in plans and strategies	Promoting pollinators is not covered in Port Coquitlam's statutory and non-statutory plans.
Local economic development						
25. Farmers markets					Include farmers markets in plans and strategies.	Farmers markets are not explicitly covered in statutory or non-statutory plans
26. Yard gate stands					Allow yard gate stands in residential areas	Yard gate stands are not explicitly covered in statutory or non-statutory plans
27. Local government procurement and buying local					Include institutional procurement of local foods from local businesses in plans and strategies.	Institutional procurement is not explicitly covered in statutory or non-statutory plans
28. Food trucks					Include food trucks in plans and strategies.	Food trucks are not explicitly covered in statutory or non-statutory plans
29. Emergency preparedness					Ensure that household food security, especially for vulnerable groups, during an emergency is addressed at a City-level.	City of Port Coquitlam has an emergency preparedness guide for residents.

6.4 Food Security Assessment for Port Coquitlam

The SWOT assessment in Table 13 summarizes the most important characteristics of the City of Port Coquitlam that influence food security. Overall, there are many strong food assets within the City that support food security. The well-established and pro-active organizations in the food security sphere are working to meet the food security needs of Port Coquitlam community members. Opportunities exist to support these successful organizations as well as to produce more food on the underutilized ALR lands within the City. The major barrier of food security is the high cost of living leading to the decreased ability for people to afford food and access the food they prefer.

Table 13 Strength, Weakness, Opportunities and Threats Assessment for characteristics influencing food security in the City of Port Coquitlam.

Strengths	Weaknesses
<ul style="list-style-type: none"> • Active farming and food production activities • Established and new organizations working in food relief, food diversion, food literacy, and other areas of the food system. • A wide range and scale of food retail and food processing businesses operate in the region. • Successful and long-term Farmers Market and community gardens. • Some events, festivals and workshops related to food occur in the City. • The City’s bee keeping bylaws are very detailed and include bee keeping as a permitted use in a range of residential zones 	<ul style="list-style-type: none"> • Some neighbourhoods in the region have limited food stores in walking proximity. • Limited availability of food storage and kitchens to rent for organizations and small-to medium scale businesses. • Policy analysis points to gaps that should be filled including (but not limited to): OCP updates (add anti-poverty, Guaranteed Basic Income, partnerships with social service providers and meal programs, pollinator health); in-kind supports for warehousing for local meal programs; Boulevard Maintenance Bylaw updates; Animal Control Bylaw updates (hens); community gardens as a permitted use in private and public lands; introduce a cosmetic pesticide ban; provide additional compost services; allow alternative food retail options (e.g. yard gate sales, food trucks, farmers markets); a municipal local food procurement policy; and food literacy workshops.
Opportunities	Threats
<ul style="list-style-type: none"> • ALR is not fully productive. • Region is close to large population centres therefore close to a large market for food products. • Building upon and supporting the work of existing organizations and initiatives. • Additional food processing businesses could be located in Industrially zoned southern area of City. 	<ul style="list-style-type: none"> • 40% of renters are spending more than 30% of their incomes on shelter. • 20% of homeowners are spending over 30% of their incomes on shelter. • Impacts of COVID-19 pandemic have led to reduced capacity in some food relief programs and limited social events/interactions focused on food. • Rising prices of food and living compared to wages.

7.0 City of Port Moody

The City of Port Moody is located in Metro Vancouver, surrounding the east reach of the Burrard Inlet.

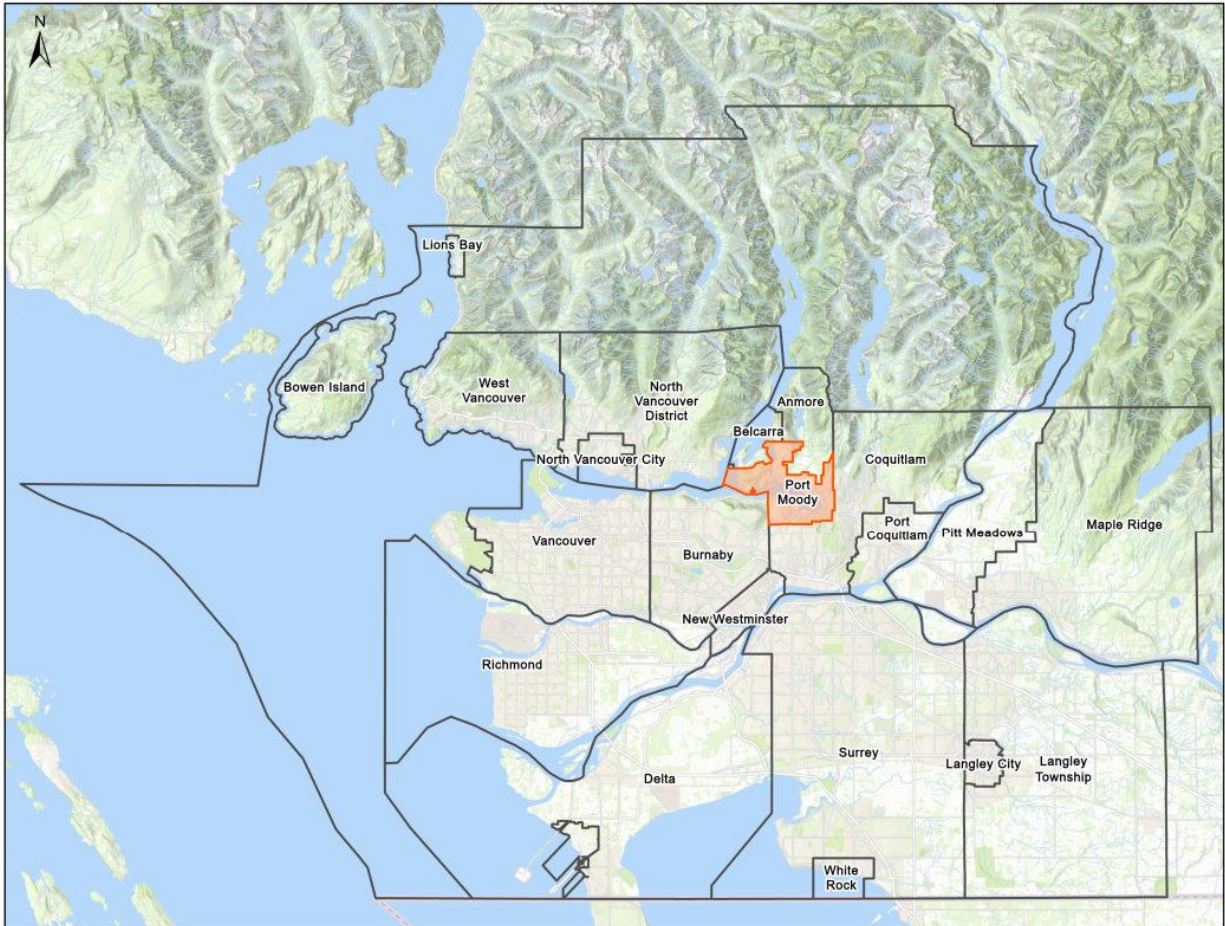


Figure 5 Port Moody (orange).

7.1 Individual and Household Demographics in Port Moody

Table 14 (next page) highlights demographic characteristics that influence food security of an individual or household.

Observations from the demographic data:

- 33% of renters and 20% of homeowners could be considered at risk of some level of food insecurity as they are spending over 30% of their income on shelter.
- Incomes and the education rate in the city are higher compared with the provincial average and there is a lower unemployment rate, potentially indicating a higher level of food security for those individuals and households.

Table 14 Demographic characteristics for Port Moody compared with the province of BC.

Indicator	Port Moody	BC
Population	33,551	4,648,055
Median Age of Population	40.6	43
Average Household Size	2.6	2.4
Average Household Income	\$112,027	\$90,354
Median Household Income	\$92,922	\$69,995
Owners spending >30% of income on shelter	21.4%	20.7%
Renters spending >30% of income on shelter	33.5%	43.3%
Unemployment rate	5.2%	6.7%
Education of high school diploma or greater	90.5%	84.5%
Visible minorities as a percentage of the population	30.4%	30.3%
Languages other than English and French spoken at home	3.7% - Korean 3.3% - Mandarin 2.0% - Persian (Farsi)	4.8% - Punjabi 4.4% - Mandarin 4.4% - Cantonese

Sources used include: Statistics Canada 2016 Census Data; Public Health Services Authority 2019 Community Health Profile for Port Moody.

7.2 Community Food Assets in Port Moody

The identification of food assets within an area provides an understanding of the resources available to community members that can support household and community food security. Determining any gaps in food assets can help point to areas in need of support for a more food secure community. The following section summarizes the food assets available in the City of Port Moody.

7.2.1 Food Production in Port Moody

Port Moody is primarily an urban municipality with forested parklands on the north side of Burrard Inlet; as such, there is very minimal food production occurring in Port Moody. There is no land zoned for agricultural use and no ALR in Port Moody. There are no farm businesses operating in the city. There are two community gardens within the City, which provide a small growing space for residents. Two more community gardens will be developed by the City in 2022. It is likely that there is also some amount of household gardening occurring on private properties within the city, although the volume of food grown is not known.

7.2.2 Food Retail in Port Moody

The grocery stores in Port Moody are located near the most densely populated areas. There are no food stores or markets located in the northern areas of Port Moody; these areas contain several large parks and single family rural households and single family developments. A small number of convenience stores exist in this northern area of the city; however fresh, good quality produce and foods are often in limited supply at convenience stores.

In the southern and eastern areas of the City there are a few larger chain grocery stores such as Thrifty Foods and IGA, a smaller, independent grocery store and several specialty food stores. Numerous restaurants and cafes offering a variety of cuisines at a wide range of prices also exist in the City. There are also two seasonal farmers' markets; one operating from June – September offering a wide variety of local produce and foods, and one operating from November – April with a smaller availability of local fresh produce but still offering preserves, baked goods and other foods.

7.2.3 Food Relief Provisioning Sources in Port Moody

Several non-profit organizations operate within the City of Port Moody to provide free food and free or low-cost meals to individuals and households in need. The following is a list of some organizations and programs; however, the list likely does not include all organizations or programs operating in Port Moody as some meal provisioning programs may not advertise online and programs can fluctuate from year to year.

- SHARE Family and Community Services is a non-profit, independent, community-based organization providing leadership and programs in response to the social needs of the residents of the entire Tri-Cities Region. SHARE operates a Food Bank in Port Moody that provides free food and food hampers each week to individuals and families.
- City Reach Care Society is a non-profit charity running several food provisioning programs including free hot meals for low-income individuals and households, and during COVID-19 moved to a delivery system for providing food hampers. City Reach Care Society also partners with schools in the region to provide meal hampers to families in need.
- Immigrant Link Centre Society is a non-profit charity distributing food to people who are in need in Port Moody and the Tri-Cities Region. Food donations come through grocery chain stores and are foods that are close to best before or one day old. Immigrant Link then distributes the food to families across the Tri-Cities.
- The People's Pantry is a non-profit serving the citizens of the Tri-Cities. They rescue excess food that would otherwise go to waste and make it available to people in need. All of the surplus food offered to families is safe to eat, nutritious, and meets Food Safety requirements.
- There is a Meals on Wheels program operating in the Tri-Cities Region, including Port Moody, that delivers low-cost meals to households who have registered for meals.
- Some faith-based communities also provide free meals and food hampers to Port Moody individuals and households, particularly around holidays such as Easter and Christmas.

Due to the health and safety precautions during the COVID-19 pandemic, several free meal programs have been suspended. Some organizations moved to online videos of meal preparation and others switched to programs that delivered food hampers to households. It is expected that when COVID-19 safety protocols are removed, some free meal programs may resume.

7.2.4 Food Diversion and Waste Management in Port Moody

As mentioned, the Immigrant Link Centre Society and The People's Pantry are two organizations operating within Port Moody that distribute food that would otherwise go to waste to individuals and households in need of that food. The food that is rescued or recovered is from grocery stores and food markets throughout the Tri-Cities Region.

The City of Port Moody has a curbside 'green cart' program that collects food waste from households on a weekly basis. The municipality also has a food waste program for businesses where they provide the

business a green cart and collect the waste on a weekly basis for an annual fee. All food/green waste collected through these programs are disposed of at the Surrey Biofuel Facility. The municipality also has backyard composters available for residents to purchase from the City.

7.2.5 Food Processing in Port Moody

Port Moody has a number of vertically-integrated small-scale food processing businesses like breweries, bakeries and butcher shops. There is limited to no cold or dry food storage infrastructure available to rent that is suitable for organizations or small- to medium-scale businesses. There are no larger-scale food processing businesses such as poultry processing or food manufacturing within the City limits.

The City of Port Moody manages several community centres and many of these have kitchens for rent.⁵³ Churches and other faith-based organizations in the City also have kitchens for rent by community members and organizations. However, often these kitchens may not be adequate for food processing businesses due to their size and limited equipment options or lack of FoodSafe certification. These types of kitchens may be better suited for cooking and food processing workshops.

7.2.6 Community Food Economy and Culture in Port Moody

Several food and drink festivals and markets typically occur in Port Moody; however, due to the health and safety precautions during the COVID-19 pandemic, several festivals and markets were cancelled or modified. It is expected that when COVID-19 safety protocols are removed, some festivals and markets may resume.

The following are a list of festivals and markets celebrating food that typically occurred before the COVID-19 pandemic (pre-March 2020).

- The Port Moody summer farmer's market, while being a source of locally produced foods is also a place that celebrates food through live entertainment, small workshops and a place for community members to gather and learn about local food businesses.
- An annual Food Truck Festival is hosted in Port Moody. Numerous food trucks of all varieties of cuisines participate and there is live music, activities for kids and adults and a beer garden.
- Port Moody also promotes Murray Street as 'Brewers Row' with several breweries on the 'Port Moody Ale Trail'.⁵⁴ These breweries draw people from around the Metro Vancouver region who typically go to several alcohol and food businesses during their visit.

The Tri-Cities Chamber of Commerce is often involved in organizing events and promoting local restaurants and food businesses in the Tri-Cities. For example, in early 2021, the Tri-Cities Chamber of Commerce organized and promoted an event, the "Taste of Tri-Cities", to encourage residents to dine-in or take-out foods from local restaurants in the Tri-Cities.⁵⁵

7.2.7 Community Food Literacy in Port Moody

There are numerous organizations involved in educational activities related to the food system. Activities range from in-school programs teaching youth to cook and grow foods to non-profit organization hosting adult/senior programs on healthy eating and cooking. The following is a list of programs, workshops and

⁵³ Link: <https://www.portmoody.ca/en/recreation-parks-and-environment/facilities-and-rentals.aspx#Recreation-Complex>

⁵⁴ Link: <https://www.portmoody.ca/en/arts-culture-and-heritage/food-and-drink.aspx>

⁵⁵ Link: https://tricitiechamber.com/tri-local/taste-of-the-tri-cities/?utm_campaign=tri-city%20news&utm_medium=referral&utm_source=tri-city%20news

events often offered in the City of Port Moody; however, this is by no means a comprehensive list as programs offered can change frequently.⁵⁶

- The non-profit organization Access Youth Society offers youth cooking classes free of charge. However due to COVID-19, the program now delivers the food to the families signed up for the program and then an online video is created showing how to cook the meal.⁵⁷
- The non-profit organization Grow Local Society Tri-Cities hosts numerous workshops throughout the year. Workshops include topics such as planting pollinator friendly plants, mason bee house building, growing food indoors, pickling and canning, cooking and several other topics.⁵⁸ Recently due to COVID-19 they have been producing weekly blog posts and educational materials related to growing food and food security.⁵⁹
- Several faith groups host virtual cooking classes including Spring Street Community Kitchen.⁶⁰

⁵⁶ The list was compiled through internet searches and speaking with key players/organizations supporting food security.

⁵⁷ Link: <https://www.accessyouth.org/2019/12/30/new-youth-gour-made-cooking-program/>

⁵⁸ Link: <http://makebakegrow.com/workshops/>

⁵⁹ Link: <http://makebakegrow.com/category/virtual-pop-club/>

⁶⁰ Link: <https://www.facebook.com/SpringStreetCommunityKitchen>

7.3 City of Port Moody Food Security Policy Analysis

Port Moody						
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes
	Strong	Medium	Light	Not present		
Household Food Security						
1. Housing Affordability					Implementation?	The OCP contains 17 policies for complete communities and affordability, infill and intensification. The City of Port Moody- Council Strategic Plan (2019-2022) also includes a plan for a variety of housing types.
2. Anti-Poverty					Include anti-poverty into statutory and non-statutory plans.	There is limited mention of anti-poverty in statutory documents.
3. Social Inclusion, connection					Expand social inclusion and connection in statutory and non-statutory plans. Consider developing an equity framework to guide decision making and actions.	Parks and Rec Master Plan (2015) acknowledges social connections and community engagement include community garden assets. Broad definition of urban agriculture.
4. Collaborating with social service partners					Elevate community partnerships as part of plan implementation.	Strong regarding working with community organizations and community gardens.
5. Guaranteed Basic Income and/or Targeted basic income approaches					Consider including a policy in the OCP e.g.,” the City of Port Moody supports targeted basic income approaches ⁶¹ for all Canadians”.	Port Moody plans and strategies do not include GBI or targeted basic income approaches. However, Port Moody is a living-wage employer.
6. Overall health					Include food security and food assets in Council strategic plan.	Council strategic plan and OCP acknowledge healthy and active living.
7. Meal programs					Consider including support for social service providers in meal programming (e.g. prep space, storage).	Port Moody plans and strategies do not include meal programs.

⁶¹ Green, David., Kesselman, Jonathan., Tedds, Lindsay. (2020). [Covering All the Basics: Reforms for a More Just Society](#).

Port Moody							
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes	
	Strong	Medium	Light	Not present			
Community Food Security							
Urban agriculture					Expanding urban agriculture definitions and permitted uses in residential, commercial, industrial, and institutional lands.	Generally, the OCP acknowledges and has existing policy for urban agriculture. Chapter 7, Policies 21 and 22 refer to encouraging the integration of green roofs and community gardens in private developments and the development of a policy with respect to urban agriculture which encourages the use of podiums and mid-rise concrete developments for green roofs. Urban agriculture is promoted through existing City sponsored programs including seminars on patio gardening. Zoning Bylaws allows community gardens in all zones, but does not define other aspects of urban agriculture as permitted uses. Parks and Rec Master Plan (2015) includes multiple urban agriculture strategies.	
8. Community gardens					Supporting the work with non-profit partners in managing community garden sites.	The City of Port Moody: Parks and Recreation Master Plan (2015) includes community gardens. ZBL allows community gardens in all zones.	
9. Edible landscaping					Include edible landscaping in Bylaw (#2426).	Edible landscaping is missing from statutory plans and bylaws such as the Sidewalk Boulevard and Maintenance Bylaw (#2426) . Edible landscaping on City land is included in the City of Port Moody: Parks and Recreation Master Plan (2015) .	
10. Green roofs					Expand green roof opportunities to other zones in the zoning bylaw.	Intensive and extensive green roofs are defined in the ZBL and are allowed height exceptions in zones except RS and RT zones.	
11. Bees and hens					Some basic criteria are offered, but more resources could be developed to support compliance with existing bylaws. Consider allowing bees in more zones.	Bees are allowed. Bees are mentioned in the Animal Control Bylaw (#2677) definition, but not in the bylaw like cats and dogs. Limited to single detached residential zones.	

Port Moody						
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes
	Strong	Medium	Light	Not present		
12. Urban farming					Consider developing rules/bylaws/licenses/ supports for micro scale commercial food production.	Port Moody plans and strategies do not mention urban farming specifically.
Community food infrastructure and education						
13. Community kitchens					Consider streamlining and coordinating permits for community use of recreation facilities including kitchens.	Community use is permitted through authorization from the parks manager. Further assessment is needed to better understand if this process is working well or needs to be streamlined.
14. Food rescue and warehouses and distribution hubs for food in the non-profit sector					Identify food rescue and warehousing as a potential opportunity in local government planning and policy documents.	Port Moody plans and strategies do not include non-profit warehouse.
15. Food skill classes/programs					Develop and coordinate city sponsored programs as well as support other organizations in providing educational resources and programs.	Food programs mentioned in Parks and Recreation Master Plan (2015) as part of the definition of urban agriculture.
Community Planning/ Land Use						
16. Food security in built environment/ neighbourhood and development plans					Food security is not explicitly stated within existing plans.	Chapter 7, Policies 21 and 22 refer to encouraging the integration of green roofs and community gardens in private developments and the development of a policy with respect to urban agriculture which encourages the use of podiums and mid-rise concrete developments for green roofs. Urban agriculture is promoted through existing City sponsored programs including seminars on patio gardening. OCP strategy 4.2 focuses on complete communities.

Port Moody						
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes
	Strong	Medium	Light	Not present		
17. Agricultural land protection and stewardship					N/A	There is no ALR in Port Moody.
18. Climate adaptation					Expand household and community food security linkages in the Port Moody Climate Adaptation Plan e.g link to walkable communities and decreasing vehicle trips to the grocery store.	The City of Port Moody has declared a climate emergency and developed a Climate Action Plan (2020) that mentions reducing food waste, organic waste diversion, and providing/storing food and water at emergency operating centres.
Environment/ restorative						
19. Salmon, migratory water bird, habitat protection					Maintain current stream protection policies. Consider expanding to ecological health.	OCP contains stream protection policies for salmon and the Zoning Bylaw includes stream specific setback requirements.
20. Soil health					Include soil health strategies into Port Moody plans and policies on public and private land.	Port Moody plans and strategies do not acknowledge soil health.
21. Reducing cosmetic pesticide use					Consider a cosmetic pesticide ban on residential and commercial properties.	Port Moody has a Pesticide Use Control Bylaw (No. 2575, 2003) that restricts the use of pesticides on private and city land other than permitted pesticides. Exemptions apply.
22. Onsite composting					Expand to other zones, where appropriate.	Encouraged in higher density concrete developments (policy 4.2.5) City of Port Moody: Parks and Recreation Master Plan (2015).
23. Rainwater collection					Expand to other zones, where appropriate.	Encouraged in higher density concrete developments (policy 4.2.5) City of Port Moody: Parks and Recreation Master Plan (2015).
24. Promoting pollinators					Include pollinators in plans and strategies.	Promoting pollinators is not covered in Port Moody's statutory and non-statutory plans.
Local economic development						
25. Farmers markets					Include farmers markets in the OCP and ZBL. Consider allowing	Mentioned as part of the definition of urban agriculture in the City of Port Moody: Parks and Recreation Master Plan (2015).

Port Moody						
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes
	Strong	Medium	Light	Not present		
					farmers markets in all zones including parks and plazas.	
26. Yard gate stands					Allowing yard gate and share stands is a strategy for enabling the sale or sharing of surplus garden produce.	Port Moody plans and strategies do not cover yard gate stands.
27. Local government procurement					Increasing local and healthy foods purchased for catering, concessions, and any other public function can bring good alignment in using public dollars for 'buying local'.	There is a general city approach to buying/supporting local when it comes to catering and events but local procurement is not present as an explicit policy.
28. Food Trucks					Include food trucks in plans and strategies	Food trucks are not mentioned in Port Moody's statutory and non-statutory plans although there is food truck business licensing process for food trucks operating on public and private lands.
29. Emergency preparedness					Specify food security in emergency preparedness and recovery plans	Emergency preparedness is included in the Council Strategic Plan 2019-2022 but does not specify food security. OCP (12.8) Emergency Preparedness- Emergency Social Services Plan

7.4 Food Security Assessment for Port Moody

The SWOT assessment in Table 15 summarizes the most important characteristics of the City of Port Moody that influence food security. Overall, there are many strong food assets within the City that support food security. The well-established and pro-active organizations in the food security sphere are working to meet the food security needs of Port Moody community members. Opportunities exist to support these successful organizations and to support businesses in the local food economy. The major barrier of food security is the high cost of living leading to the decreased ability for people to afford food and access the food they prefer.

Table 15 Strength, Weakness, Opportunities and Threats Assessment for characteristics influencing food security in the City of Port Moody

Strengths	Weaknesses
<ul style="list-style-type: none"> • Established and new organizations working in food relief, food diversion, food literacy, and other areas of the food system. • A range of food retail and small-scale food processing businesses operate in the region. • Successful and long-term Farmers Market and community gardens. • Some events, festivals and workshops related to food occur in the City. • The Parks and Recreation Master Plan (2015) contains exemplary language connecting food security not only to the physical landscape but to creating social connections as well. 	<ul style="list-style-type: none"> • Some neighbourhoods in the region have limited food stores in walking proximity. • Limited availability of food storage and kitchens to rent for organizations and small- to medium scale businesses. • No agricultural land within the City. • Policy analysis points to gaps that should be filled including (but not limited to): OCP updates (add Guaranteed Basic Income, point to food assets, update the definition of Urban Agriculture and permitted uses); in-kind supports for warehousing for local meal programs; Sidewalk Boulevard Maintenance Bylaw updates for edible landscapes; streamline permits for use of community kitchens; provide warehousing space for local food meal programs; include reference to soil health; promote pollinator habitat; allow alternative food retail options (e.g. yard gate sales, food trucks, farmers markets); a municipal local food procurement policy; and emergency planning & food security.
Opportunities	Threats
<ul style="list-style-type: none"> • Region is close to large population centres therefore close to a large market for food products. • Building upon and supporting the work of existing organizations and initiatives. 	<ul style="list-style-type: none"> • 33% of renters are spending more than 30% of their incomes on shelter. • 20% of homeowners are spending over 30% of their incomes on shelter. • Impacts of COVID-19 pandemic have led to reduced capacity in some food relief programs and limited social events/interactions focused on food. • Rising prices of food and living compared to wages.

8.0. Village of Anmore

The Village of Anmore is a small community located on the east side of the Burrard Inlet. The Village of Anmore characterizes itself as semi-rural, typically with one acre lots, surrounded by parks and natural areas.

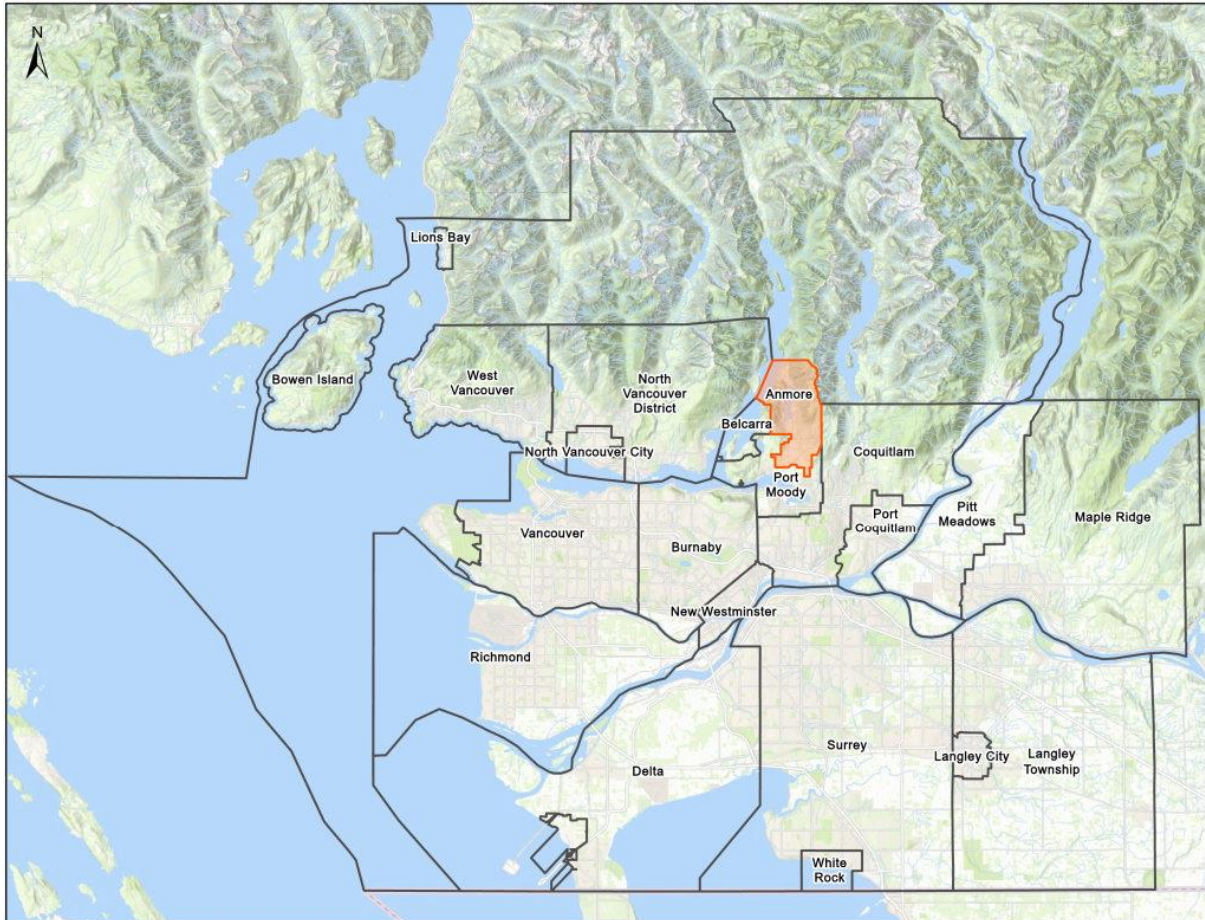


Figure 6 The Village of Anmore (orange).

8.1 Individual and Household Demographics for Anmore

Table 16 (next page) highlights demographic characteristics that influence food security of an individual or household for the Village of Anmore.

Observations from the demographic data:

- While incomes in Anmore are more than double the provincial average, around 20% of homeowners could be considered at risk of some level of food insecurity as they are spending over 30% of their income on shelter. This indicates the high cost of real estate ownership in the community.

- The low unemployment rate, high incomes and education rate indicate that residents likely have good economic access to foods as well as an understanding of the importance of eating healthy foods.

Table 16 Demographic characteristics for Anmore compared with the province of BC.

	Anmore	BC
Population	2,210	4,648,055
Median Age of Population	44.1	43
Average Household Size	3.2	2.4
Average Household Income	\$186,134	\$90,354
Median Household Income	\$149,469	\$69,995
Owners spending >30% of income on shelter	22.4%	20.7%
Renters spending >30% of income on shelter	0%	43.3%
Unemployment rate	3.8%	6.7%
Education of high school diploma or greater	89%	84.5%
Visible minorities as a percentage of the population	22.2%	30.3%
Languages other than English and French spoken at home	4.3% - Mandarin 2.0% - Korean 0.9% - Polish	4.8% - Punjabi 4.4% - Mandarin 4.4% - Cantonese

Sources: Statistics Canada 2016 Census Data and Public Health Services Authority 2019 Community Health Profile for Anmore.

8.2 Community Food Assets in Anmore

The identification of food assets within an area provides an understanding of the resources available to community members that can support household and community food security. Determining any gaps in food assets can help point to areas in need of support for a more food secure community. The following section summarizes the food assets available in the Village of Anmore.

8.2.1 Food Production in Anmore

There is no farmland within Anmore and there are no community gardens established. It is likely that there is some amount of household gardening occurring on private properties within the city, although the volume of food grown is not known. Given the large lots in Anmore, there may be good opportunities for homeowners to grow food. However, due to the low suitability of the soil and land for agricultural uses, growing methods such as raised beds, adding soil amendments and small greenhouses may be better suited for the area. Interactions and conflicts with wildlife in the area must also be considered if food and agricultural activities are to increase as bears, cougars and other animals can pose a threat to human safety and damage crops.

8.2.2 Food Retail in Anmore

There are no grocery stores within the Village of Anmore, as such the residents purchase their foods outside of the municipality, presumably mainly from within the Tri-Cities. There is one convenience store, Anmore Grocery, that sells products like canned goods, ice-creams, chips, candy, and likely has limited fresh produce options.

8.2.3 Food Relief and Provisioning Sources in Anmore

There are no food banks, food hamper or meal programs specifically located within the Village of Anmore. Residents that are in need of food access support likely visit the food banks and/or meal programs in the other Tri-Cities municipalities.

8.2.4 Food Diversion and Waste Management in Anmore

The Village of Anmore has a curbside 'green bin' program that collects food waste and yard trimmings from households on a weekly basis.⁶² The municipality provides advice on how to manage wastes to minimize bear attractants. The municipality does not recommend putting food waste into a backyard composter or if residents do use a backyard composter to manage very carefully the brown to green material ratio to avoid odours.

8.2.5 Food Processing in Anmore

There are no food processing businesses or food processing spaces within the municipality. There is a potential development for an Anmore Community Hub, currently in the planning and design stages, that has plans to include a commercial kitchen.⁶³

8.2.6 Community Food Economy and Culture in Anmore

There are no dedicated food festivals or food-centred events within the Village of Anmore. Before Covid-19, annual events such as a Community Easter Egg Hunt and a Community Festival, included community BBQs and food bank drives. Additionally, events held at the Village Hall, such as Youth Bingo Night, also promote bringing food to donate for the Tri-Cities food bank.⁶⁴

8.2.7 Community Food Literacy in Anmore

There is a community garden club within Anmore that meets to discuss and exchange ideas on gardening.⁶⁵ There is one school within the municipality, Anmore Elementary School, which is part of School District 43. The school hosts food drives to donate foods to the SHARE Food Bank.

⁶² Link: <https://anmore.com/services/solid-waste-collection-and-disposal/>

⁶³ Link: <https://anmore.com/community/thehub/>

⁶⁴ Link: <https://anmore.com/2018-12-16-anmore-youth-bingo-wide/>

⁶⁵ Link: <https://anmore.com/?s=garden+club>

8.3 Village of Anmore Food Security Policy Analysis

Village of Anmore						
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes
	Strong	Medium	Light	Not present		
Household Food Security						
1. Housing Affordability					Determine if a housing affordability strategy is needed for the Village.	Village of Anmore OCP- 2014 (no. 532), Section 8 supports affordable housing for renters and people with special needs
2. Anti-Poverty					Consider integrating anti-poverty into policy context and policies.	Anti-poverty is not explicitly covered in statutory and non-statutory plans
3. Social Inclusion, connection					Consider integrating social inclusion into policy context and policies. Consider developing an equity framework to guide decision making and actions.	Social inclusion is not explicitly covered in statutory and non-statutory plans
4. Collaborating with social service partners					Consider integrating collaboration with social service partners into policy context and policies.	Collaborating with social service providers is not explicitly covered in statutory and non-statutory plans
5. Guaranteed Basic Income and/or Targeted basic income approaches					Consider including a policy in the OCP e.g., "the Village of Anmore supports targeted basic income approaches ⁶⁶ for all Canadians".	Neither GBI nor targeted basic income approaches are explicitly covered in statutory and non-statutory plans
6. Overall health					Consider integrating overall community health into policy context and policies.	Overall health is not explicitly covered in statutory and non-statutory plans
7. Meal programs					Consider what supports local government can provide for meal programs.	Meal programs is not explicitly covered in statutory and non-statutory plans
Community Food Security						
Urban agriculture						
8. Community gardens					Determine level of interest in community gardens.	The OCP acknowledges community gardening, encourages gardening on private property and proposes the City establish a community garden. Community gardens are identified in the ZBL. Community gardens are

⁶⁶ Green, David., Kesselman, Jonathan., Tedds, Lindsay. (2020). [Covering All the Basics: Reforms for a More Just Society](#).

Village of Anmore							
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes	
	Strong	Medium	Light	Not present			
						a permitted use in Civic intuitional (P-1) zones.	
9. Edible landscaping					Allow edible landscaping on public lands and Right of Ways (ROWs). Develop supportive guidelines for safety and deterring wildlife.	Edible landscaping is not explicitly covered in statutory and non-statutory plans	
10. Green roofs					Consider requiring green roofs in new development, where appropriate.	Green roofs are not explicitly covered in statutory and non-statutory plans	
11. Bees and hens					Expand education on beekeeping. Work with community partners. Consider adopting more specific guidelines for siting beehives.	Bees are considered part of urban agriculture in the ZBL definitions. Village of Anmore Animal Control Bylaw -1993 (no. 63) mentions poultry, rabbit, cattle but does not include bees or hens.	
12. Urban farming					Consider developing rules/bylaws/licenses/ supports for micro scale commercial food production.	Urban Farming is not explicitly covered in statutory and non-statutory plans	
Community food infrastructure and education							
13. Community kitchens					Enable access to community centres kitchens for community and social service organizations.	Community kitchens are not explicitly covered in statutory and non-statutory plans.	
14. Food rescue and warehouses and distribution hubs					Identify food rescue and warehousing as a potential opportunity in local government planning and policy documents	Food rescue and community warehouse facilities are not explicitly covered in statutory and non-statutory plans.	
15. Food skill classes/programs					Develop and coordinate city sponsored programs as well as support other organizations in providing educational resources and programs.	Food skills are not explicitly covered in statutory and non-statutory plans.	
Community Planning/ Land Use							
16. Food security in built environment/ neighbourhood and development plans					Include food security in the built environment and policies for neighbourhood development.	Food security in the built environment are not explicitly covered in statutory and non-statutory plans.	

Village of Anmore						
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes
	Strong	Medium	Light	Not present		
17. Agricultural land protection and stewardship					n/a	There is no ALR in the Village
18. Climate adaptation					Consider developing a climate adaptation strategy that integrates food systems and security.	Climate adaptation is not explicitly covered in statutory and non-statutory plans.
Environment/ restorative						
19. Salmon, migratory water bird, habitat protection					Ensure ecosystems are protected	The OCP acknowledges watershed protection (5.22)
20. Soil health					Integrate soil health as a land management principle for public and private land.	Soil health is not explicitly covered in statutory and non-statutory plans.
21. Reducing cosmetic pesticide use					Consider a cosmetic pesticide ban on residential and commercial properties	Reducing cosmetic pesticide use is not explicitly covered in statutory and non-statutory plans.
22. Onsite composting					Determine if on-site composting is needed.	Village of Anmore Solid Waste Bylaw - 2016 (no. 554) focuses on limiting wildlife attractants with food waste.
23. Rainwater collection					Include incentives and tools for rainwater collection in residential and commercial zones.	Rainwater collection is not explicitly covered in statutory and non-statutory plans.
24. Promoting pollinators					Include pollinator plantings in plans and strategies	Promoting pollinators is not explicitly covered in statutory and non-statutory plans.
Local economic development						
25. Farmers markets					Introduce policies to support farmers markets.	The OCP encourages the exploration of selling foods locally
26. Yard gate stands					Allow yard gate stands in residential areas	Yard gate stands are not explicitly covered in statutory and non-statutory plans.
27. Local government procurement and buying local					Include institutional procurement of local foods from local businesses in plans and strategies.	Institutional procurement is not explicitly covered in statutory or non-statutory plans

Village of Anmore						
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes
	Strong	Medium	Light	Not present		
28. Food trucks					Include food trucks in plans and strategies.	Food trucks are not explicitly covered in statutory or non-statutory plans
29. Emergency preparedness					Update emergency preparedness plan to ensure that food security, especially for vulnerable groups, during an emergency is addressed at a Village -level	The Village has an emergency preparedness guide.

8.4 Food Security Assessment for Anmore

The SWOT assessment in Table 17 summarizes the most important characteristics of the Village of Anmore that influence food security. The low unemployment rate, high incomes and education rate indicate that most residents likely have good economic access to foods; however, 20% of homeowners still may be considered food insecure as they spend over 30% of their incomes on shelter. Opportunities could exist for growing food on private properties, if the risk to wildlife conflicts are mitigated. Overall, the residents of the Village of Anmore have good economic access to food but limited physical access to food sources.

Table 17 Strength, Weakness, Opportunities and Threats Assessment for characteristics influencing food security in the Village of Anmore.

Strengths	Weaknesses
<ul style="list-style-type: none"> • Established and new organizations working in food relief, food diversion, food literacy, and other areas of the food system. • Larger, rural lots with space for growing food. • Higher incomes in the Village allow residents to economically access foods. • The Village has included food security and urban agriculture language and policies in the OCP and ZBL. 	<ul style="list-style-type: none"> • No grocery stores in the Village. • No food storage and kitchens to rent for organizations and small- to medium scale businesses. • No agricultural land within the Village. • Within all policies and strategies, references to food security are very scant or non-existent.
Opportunities	Threats
<ul style="list-style-type: none"> • Village is within a larger region with both high population centres (therefore close to a large market for food products) and access to farmland (therefore close to food production activities). • Building upon and supporting the work of existing organizations and initiatives. 	<ul style="list-style-type: none"> • 20% of homeowners are spending over 30% of their incomes on shelter. • Impacts of COVID-19 pandemic have led to reduced capacity in some food relief programs and limited social events/interactions focused on food. • Rising prices of food and living. • Conflicts with wildlife and growing food.

9.0 Village of Belcarra

The Village of Belcarra is a very small hamlet on the south eastern side of Burrard Inlet. The community is surrounded by the ocean and forest and approximately half of the municipality is within Belcarra Regional Park.

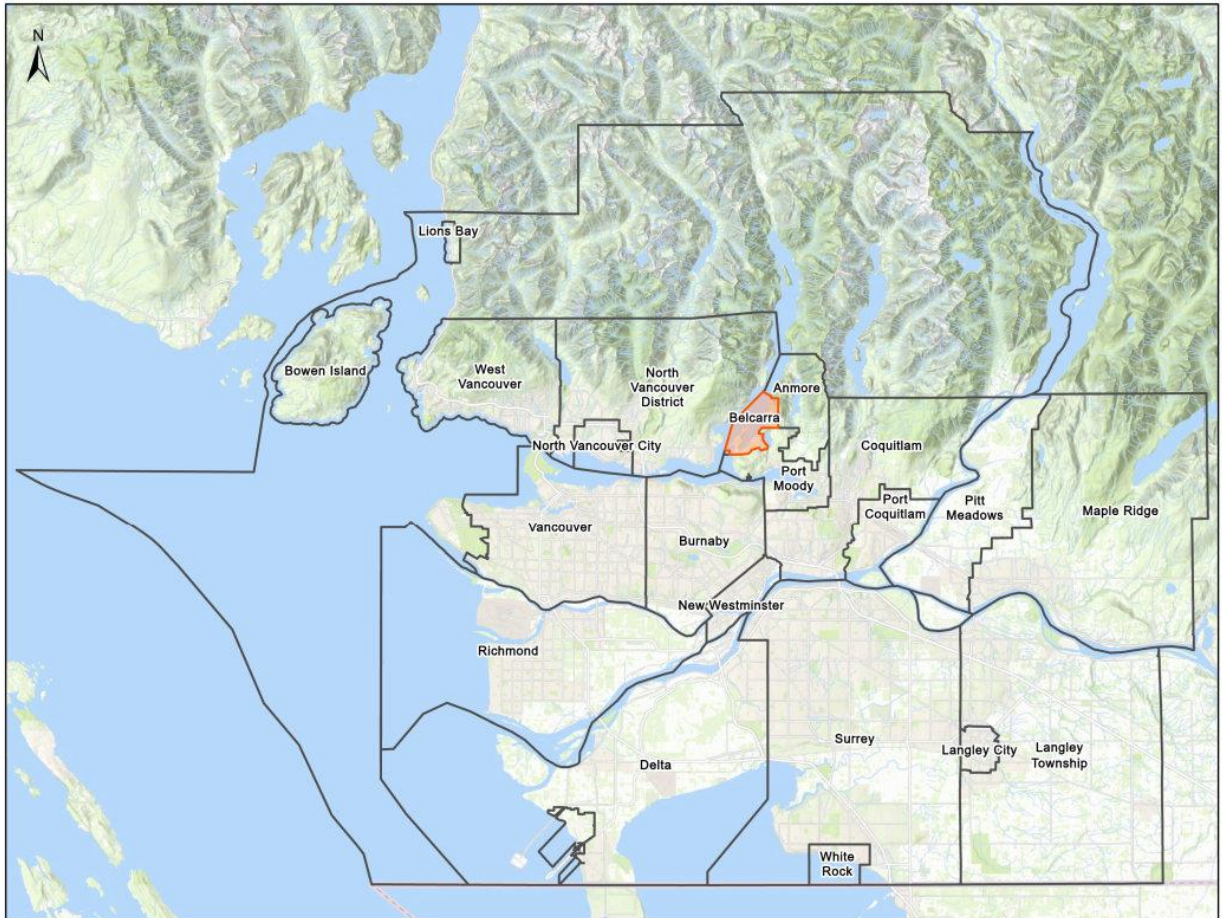


Figure 7 Village of Belcarra (orange).

9.1 Individual and Household Demographics in Belcarra

Table 18 (next page) highlights demographic characteristics that influence food security of an individual or household for the Village of Belcarra.

Observations from the demographic data:

- Incomes in Belcarra are substantially higher than the province of BC, and no one reported spending more than 30% of their income on shelter.
- The low unemployment rate, high incomes and education rate indicate that residents likely have good economic access to foods as well as an understanding of the importance of eating healthy foods.

Table 18 Demographic characteristics for Belcarra compared with the province of BC.⁶⁷

	Belcarra	BC
Population	643	4,648,055
Median Age of Population	55.9	43
Average Household Size	2.6	2.4
Average Household Income	\$242,720	\$90,354
Median Household Income	\$128,256	\$69,995
Owners spending >30% of income on shelter	0%	20.7%
Renters spending >30% of income on shelter	0%	43.3%
Unemployment rate	3.2%	6.7%
Education of high school diploma or greater	90.9%	84.5%
Visible minorities as a percentage of the population	10.1%	30.3%
Languages other than English and French spoken at home	3.9% - Mandarin 1.6% - Russian 0.8% - Dutch	4.8% - Punjabi 4.4% - Mandarin 4.4% - Cantonese

Sources used include: Statistics Canada 2016 Census Data and Public Health Services Authority 2019 Community Health Profile for Belcarra.

9.2 Community Food Assets in Belcarra

The identification of food assets within an area provides an understanding of the resources available to community members that can support household and community food security. Determining any gaps in food assets can help point to areas in need of support for a more food secure community. The following section summarizes the food assets available in the Village of Belcarra.

9.2.1 Food Production in Belcarra

There is no Agricultural Land Reserve in Belcarra and there are no community gardens. It is likely that there is some amount of household gardening occurring on private properties within the city, although the volume of food grown is not known. Any increase in food growing activities will have to consider the potential for increased interactions and conflicts with wildlife in the area as bears, cougars and other animals can pose a threat to human safety and damage crops.

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9.2.2 Food Retail in Belcarra

There are no grocery stores or other stores selling food within the Village of Belcarra, as such the residents purchase their foods outside of the municipality, presumably mainly from within the Tri-Cities. There is one café that offers home delivery and is open on Fridays and Saturdays selling desserts, breads, and teas.⁶⁸

9.2.3 Food Relief and Provisioning Sources in Belcarra

There are no food banks, food hamper or meal programs specifically located within the Village of Belcarra. Based on the demographics data, it is unlikely residents require food relief support. However, residents that are in need of food access support likely visit the food banks and/or meal programs in the Tri-Cities.

9.2.4 Food Diversion and Waste Management in Belcarra

The Village of Belcarra has an organics composting program that accepts food waste and yard trimmings from households. Residents must drop off their organics at a waste depot within Belcarra.

9.2.5 Food Processing in Belcarra

There are no food processing businesses or food processing spaces within the municipality.

9.2.6 Community Food Economy and Culture in Belcarra

There are no dedicated food festivals or food-centred events within the Village of Belcarra. There is a community space called Residents Hall where residents can greet and mingle with each other where coffee and light snacks are provided.

9.2.7 Community Food Literacy in Belcarra

There are no specific assets related to food literacy within the municipality. Residents likely access online forums/groups and workshops hosted by organizations operating in the Tri-Cities or Metro Vancouver areas.

⁶⁸ Link: <https://8corners.ca/>

9.3 Village of Belcarra Food Security Policy Analysis

Village of Belcarra						
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes
	Strong	Medium	Light	Not present		
Household Food Security						
1. Housing Affordability					Develop a housing affordability strategy.	Housing affordability is not explicitly covered in statutory plans and strategies.
2. Anti-Poverty					Consider integrating anti-poverty into policy context and policies.	Anti-poverty is not explicitly covered in statutory and non-statutory plans
3. Social Inclusion, connection					Consider integrating social inclusion into policy context and policies. Consider developing an equity framework to guide decision making and actions.	Social inclusion is not explicitly covered in statutory and non-statutory plans
4. Collaborating with social service partners					Consider integrating collaboration with social service partners into policy context and policies.	Collaborating with social service providers is not explicitly covered in statutory and non-statutory plans
5. Guaranteed Basic Income and/ore Targeted basic income approaches					Consider including a policy in the OCP e.g., "the Village of Belcarra supports targeted basic income approaches ⁶⁹ for all Canadians".	Neither GBI nor targeted basic income approaches are explicitly covered in statutory and non-statutory plans
6. Overall health					Consider integrating overall community health into policy context and policies.	Overall health is not explicitly covered in statutory and non-statutory plans
7. Meal programs					Consider what supports local government can provide for meal programs.	Meal programs is not explicitly covered in statutory and non-statutory plans
Community Food Security						
Urban agriculture						
8. Community gardens						The OCP contains a GHG reduction strategy that supports community gardens on Village lands
9. Edible landscaping					Allow edible landscaping on public lands and ROWs. Develop supportive guidelines for safety and deterring wildlife.	Edible landscaping is not explicitly covered in statutory and non-statutory plans

⁶⁹ Green, David., Kesselman, Jonathan., Tedds, Lindsay. (2020). [Covering All the Basics: Reforms for a More Just Society.](#)

Village of Belcarra						
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes
	Strong	Medium	Light	Not present		
10. Green roofs					Consider requiring green roofs in new development, where appropriate.	Green roofs are not explicitly covered in statutory and non-statutory plans
11. Bees and hens					Expand education on beekeeping. Work with community partners. Consider adopting more specific guidelines for siting beehives.	The keeping of chickens is permitted in all residential zones in accordance with the Chicken Keeping Policy. (Amended as per Bylaw No. 571, 2020)
12. Urban farming					Consider developing rules/bylaws/licenses/ supports for micro scale commercial food production.	Urban Farming is not explicitly covered in statutory and non-statutory plans
Community food infrastructure and education						
13. Community kitchens					Enable access to community centres kitchens for community and social service organizations.	Community kitchens are not explicitly covered in statutory and non-statutory plans.
14. Food rescue and warehouses and distribution hubs for food in the non-profit sector					Identify food rescue and warehousing as a potential opportunity in local government planning and policy documents	Food rescue and community warehouse facilities are not explicitly covered in statutory and non-statutory plans.
15. Food skill classes/programs					Develop and coordinate city sponsored programs as well as support other organizations in providing educational resources and programs.	Food skills are not explicitly covered in statutory and non-statutory plans.
Community Planning/ Land Use						
16. Food security in built environment/ neighbourhood and development plans					Include food security in the built environment and policies for neighbourhood development.	Food security in the built environment are not explicitly covered in statutory and non-statutory plans.
17. Agricultural land protection and stewardship					N/A	N/A

Village of Belcarra							
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes	
	Strong	Medium	Light	Not present			
18. Climate adaptation					Update approach to climate change to include both mitigation and adaptation strategies.	The OCP acknowledges climate change and includes a section on reducing emission.	
Environment/ restorative							
19. Salmon, migratory water bird, habitat protection						The OCP contains policies for watersheds, head of Bedwell bay, creeks, trees and vegetation, archeological sites.	
20. Soil health					Integrate soil health as a land management principle for public and private land.	Soil health is not explicitly covered in statutory and non-statutory plans.	
21. Reducing cosmetic pesticide use					Consider a cosmetic pesticide ban on residential and commercial properties	Reducing cosmetic pesticide use is not explicitly covered in statutory and non-statutory plans.	
22. Onsite composting					Determine if on-site composting is needed.	The GHG reduction strategy in the OCP supports Village-wide composting initiatives.	
23. Rainwater collection					Include incentives and tools for rainwater collection in residential and commercial zones.	Rainwater collection is not explicitly covered in statutory and non-statutory plans.	
24. Promoting pollinators					Include pollinator plantings in plans and strategies	Promoting pollinators is not explicitly covered in statutory and non-statutory plans.	
Local economic development							
25. Farmers markets					Introduce policies to support farmers markets.	In the OCP the Village acknowledges the value of purchasing locally to build a robust local food network.	
26. Yard gate stands					Allow yard gate stands in residential areas	Food trucks are not explicitly covered in statutory and non-statutory plans.	
27. Local government procurement and buying local					Include institutional procurement of local foods from local businesses in plans and strategies.	Institutional procurement is not explicitly covered in statutory or non-statutory plans	
28. Food trucks					Include food trucks in plans and strategies.	Food trucks are not explicitly covered in statutory or non-statutory plans	

Village of Belcarra						
Food Security Dimension	Policy assessment				Potential gap/opportunity	Notes
	Strong	Medium	Light	Not present		
29. Emergency preparedness					Update and/or create an emergency preparedness plan to ensure that food security, especially for vulnerable groups, during an emergency is addressed at a Village -level	The Village may have a public works and emergency preparedness coordinator but does not have an emergence preparedness and recovery plan

9.4 Food Security Assessment for Belcarra

The SWOT assessment in Table 19 summarizes the most important characteristics of the Village of Belcarra that influence food security. The low unemployment rate, high incomes and education rate indicate that most residents have good economic access to foods. Opportunities could exist for growing food on private properties, if the risk to wildlife conflicts are mitigated. There are a limited number of community food assets, including, most notably, no grocery stores. Overall, the residents of the Village of Belcarra have very good economic access to food but limited physical access to food sources.

Table 19 Strength, Weakness, Opportunities and Threats Assessment for characteristics influencing food security in the Village of Belcarra.

Strengths	Weaknesses
<ul style="list-style-type: none"> • Larger, rural lots with space for growing food. • Higher incomes in the Village allow residents to economically access foods. • Established and new organizations working in food relief, food diversion, food literacy, and other areas of the food system. • The Village supports community gardens on public lands. • Chickens are a permitted use in some areas. 	<ul style="list-style-type: none"> • No grocery stores in the Village. • No food storage and kitchens to rent for organizations and small- to medium scale businesses. • No agricultural land within the community. • Very little, if any, mention of food security within plans and strategies.
Opportunities	Threats
<ul style="list-style-type: none"> • Region is close to large population centres therefore close to a large market for food products. • Building upon and supporting the work of existing organizations and initiatives. 	<ul style="list-style-type: none"> • Impacts of COVID-19 pandemic have led to reduced capacity in some food relief programs and limited social events/interactions focused on food. • Rising prices of food and living. • Conflicts with wildlife and growing food.

10.0 Conclusion and Next Steps

Food security assessments are a useful tool in understanding the characteristics of a region’s or a community’s food system and in outlining the factors that influence food security for individuals and households. The Tri-Cities Region has many food assets that support food security. There are many well-established and pro-active organizations involved in providing food to those in need, diverting edible food waste as well as food literacy and education. The many active farms and potential for increasing agricultural activities provides a unique opportunity to increase food production close to dense urban populations. The major barrier for individuals and households to be food secure is financial; the high cost of living leads to the decreased ability for people to afford food and access the foods they prefer. Local governments can be key players in certain areas of the food system to support food security within their jurisdictions. The results from these food security assessments provide a baseline context for the Tri-Cities Region’s governments and community members in understanding the current gaps and identifying future opportunities for supporting food security.

The next phase in this *Tri-Cities Region Food Security Assessment and Action Plan* project will be the completion of a customized and actionable plan for the Tri-Cities Region municipal governments to support and encourage actions to increase food security. To ensure a Plan tailored to the context of the Tri-Cities Region, extensive engagement and consultation with key organizations, individuals and community members is a crucial component of the project. An *Engagement Summary Report* will be completed as the second foundational report, in tandem with this *Community Profiles and Food Security Assessment Report*, to provide a sound basis for developing targeted goals, recommendations and actions for increasing food security for the *Tri-Cities Region Food Security Action Plan*.



Meal Hamper Program. Source: The People’s Pantry Food Recovery.