

# Cowichan Food Security 2015 Report Card

## Cowichan at a Glance

- Geographic Area: 3,474.55 km<sup>2</sup> (2011)
- Total Population: 80,332 (2011)
- Median Age of Total Population: 47.2 years (2011)
- Median Income: \$29,012 (2012)
- Basic Monthly Household Expenses: Family of 4 = \$5,162.58 (2014)
- Cowichan Living Wage: \$17.55 per hour (2015)
- Minimum Wage in BC: \$10.45/hour (2015)
- Unemployment Rate: 6.2% Southern Coastal BC (2015)
- Estimated Absolute Homelessness: 58 people (2014)

An initiative of the Cowichan Food Security Coalition, the **Cowichan Food Security Report Card** is a baseline assessment of food security within the Cowichan Region.

Addressing three themes, including **Zero Hunger, Healthy Food Choices**, and the **Local Food Economy**, the goal of the Report Card is to highlight the challenges and successes within the Cowichan Region's food system so that points for regional dialogue and action can be identified.

Zero Hunger & Healthy Food Choices	2014	2015
# of registered food banks in the Cowichan Region	5	5
# of adults who accessed a registered food bank during the month of March	1,672	1,638
# of youth (18<) who accessed a registered food bank during the month of March	957	952
# of meals served by Meals on the Ground	3,342	6,667
# of Farmers Market Nutrition Coupon Program Participants	55	66
Cost of Healthy Food Basket per month for family of 4	\$873.08	\$965

Local Food	2014	2015
Cold storage units for food processors	0	2
Abattoirs	4	4
Farmers' Markets	10	9
Farmers' Institutes	3	3
Community Support Agriculture (CSA) Program	8	10
Community Supported Fishery (CSF) Program	1	1
Grocery Stores	54	55
Cowichan Community Kitchens – meals served	5,101	3,620
Cow-op Sales	N/A	\$4,145.13
Cow-op payments to producers	N/A	\$3,336.69

Founded in 2008, the **Cowichan Food Security Coalition** is a network of regional food security stakeholders who work collaboratively on regional food projects and initiatives. With the goal of increasing regional dialogue between food security practitioners in the Cowichan Region, the Coalition meets once per month to address these objectives.

Members include representatives from an array of backgrounds – from nutritionists, business owners, chefs, community gardeners, to volunteers. Contact [info@cowichangreencommunity.org](mailto:info@cowichangreencommunity.org) for more information.

## Cowichan Valley Basket Society

2015

# of Meals Served to Adults 7,763

# of Meals Served to Children 4,352

# of Households Served 1,326

# of Meals Served to Seniors 1,286

# of Meals/Snacks Served 66,218

The 2011 census data expressed that the percentage of the food consumed sourced locally is between 18-19%. This food comes from 685 regional farms. The farmed land in the Cowichan Region is 3.33% which is approximately 11,394 hectares of farm land.