



Cowichan Green Community
Cultivating food, community, and resilience

2020 Annual Report

"The Station" by Jennifer Lawson

Jennifer Lawson

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About Us

Cowichan Green Community Society (CGC), is a non-profit organization located in Duncan, BC that has been working toward environmental sustainability in the Cowichan Region since March 2004. In 2007, our mandate started to focus on improving food security by developing strong relationships with local food producers and increasing urban and rural food production. We continue to witness how important increased access to healthy food, food education, and local food production capacity is to our community's health and well-being.

In our role as one of Community Food Centres Canada's 'Good Food Organizations', and as an Island Health designated 'Food Hub', we work tirelessly to increase awareness and build local capacity with all our community partners. Our reach is constantly expanding with new programs such as the Garden Education Centre, the Resiliency Project, and the reFRESH Coupon Program. We love working with all members of our community, from young to old, as we know that everyone plays a critical role in sharing knowledge and building a stronger local food system.



Message from the Board President

We are privileged to work, grow, love, and weave community in this beautiful, fertile, water bountiful Cowichan Valley. Lands, which for thousands of years were thoughtfully stewarded by the Quw'utsun people. I am profoundly grateful every day.

Cowichan Green Community's mission, Growing Food, Community and Resilience suggests we were a good fit for 2020, a year that provided opportunities, if not outright prods in the rib, for a great many of us to develop a deeper, more thoughtful relationship with ourselves, our food and the land around us.

Yes, it was a boom year. CGC was one of the organizations to benefit from a COVID galvanized interest in getting food dollars into communities. Under Judy Stafford's experienced hand 65 grants were written (aiyiyiii), an unbelievable 80% were approved and the various arms of CGC revved up to warp speed as new projects were started and those under way did even more.

An Emergency Food Access Task Force was quickly formed to address the growing number of families facing the demoralizing challenge of more days in the month than food in the cupboard. This inter-agency task force, representing the breadth and diversity of our community, has been meeting weekly since early April; a Cowichan commitment that no one go hungry in these difficult times. Many of the approved grant projects were carried out by Task Force agencies.

I often hear the phrase 'social fabric' when vulnerable populations are being discussed. I like the analogy. At Cowichan Green Community we are committed weavers, as community is not just in our name; it is in every project, every interaction with the public, every Friday staff meeting. We know that strengthening that 'fabric' in one place makes it stronger for everybody.

There are many lessons to be gleaned from living through a global pandemic, Such as, world is not as stable as we thought. This Earth ship can be hit by a rogue wave and thrown on its side. We are learning that it is only through the actions of every one of us, preferably working together, that slowly, slowly, our Earthship can be righted.

To our many donors, volunteers, staff and Judy, huge thanks. It is you who give life to our mission and heart to CGC.



Nadeane Nelson
Board President

Message from the Executive Director

How could we possibly have anticipated what 2020 was going to look like? Reality started to hit home when we had to cancel Seedy Sunday a week before the event in March. It's my favourite event of the year and my heart hurt to pull the plug and undo all the planning. That was the first of a whole string of rough calls we had to make. But it wasn't anything compared to all the pivoting we ended up doing all year.

We had to cancel our youth cooking classes, significantly reduce the number of volunteers who worked in our kitchen and store, as well as send as many staff as possible to work from home, including me, later in the year. We set up different staff 'bubbles' and made back-up, to our back-up plans with our number one focus – keeping essential programs running.

One of the most rewarding accomplishments last year was the setting up and coordinating the extraordinary work of the Emergency Food Task Force. The 28 members met weekly since inception in March, coordinating food programming, supporting the community when the food bank and other emergency food services closed, and some organizations had to shut-down and regroup. We increased support, increased food hampers, delivered frozen meals to remote communities, and applied for thousands of dollars in funding. We continue to meet in 2021 as the demand for emergency food has not lessened at all with the shelter in place orders and so many people still out of work.

Despite all the obstacles and constant twisting and turning, we were happy to offer new programming and expand existing ones including:

- the Community Food Access project, which augmented the food recovery program;
- summer camp which came at just the right time to support families whose children were missing school;
- a new Neighbourhood Resilience project, which focused on restoring native plant habitats;
- the development of the Garden Education Centre as the next phase of the Cowichan Agriculture Seed Hub;
- the expansion of the direly needed reFRESH coupons which offers \$25/week in free groceries at our store to over 100 families and seniors; and
- the development of the Food Processing and Innovation Hub which will all unfold in 2021.

Throughout the lockdowns and holidays, staff worked diligently ensuring the recovered food was picked up, the meals were delivered, and the store remained opened. With 2021 relentlessly appearing quickly on the heels of 2020, we're full steam ahead without missing a beat.

Thank you so much to all the people who supported us this year from our donors, funders, and especially the members of the Emergency Food Task Force – well done everyone!

"When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet ready. The challenge will not wait. Life does not look back." -Paulo Coelho



Judy Stafford
Executive Director

Staff



Naomi Kulhawy
KinPark Youth
Urban Farm Manager



Laura Boyd-Clowes
KinPark Youth Urban
Farm Supervisor



Kat Brust
Agricultural Seed
Hub Supervisor



Sandy Munns
Garden Education
Centre Supervisor



Tessa Stiven
Inclusive Farming
Project Supervisor



Sonya Young
Bookkeeper



Bobbi-Anne Piercy
Bookkeeper



Tasha Borden
Facility Manager &
Administration



Alyssa Krawchuk
Program Coordinator



Jan MacKirdy
Ceres Edible Landscaping
Manager



Lauren Bosch
Garden Education
Centre Project Lead



Leela Hamilton
General Manager



David Martin
Maintenance



Tony Monk
Kitchen Manager



Stacie Newcombe
reFRESH
& Kitchen Staff



Kelsey Odber
reFRESH Marketplace
Manager



Julika Pape
reFRESH Marketplace
Manager



Nathan Harben
Food Access
Project Supervisor



Carolyn Morris
Food Project Manager



Hannah Auer
Resiliency Project
Coordinator



Jake Brewer
Kitchen Staff



Lorena Bucklee
Facility Manager &
Administration



Julien Lemerise
Kitchen Staff



Mike Elford
Delivery Driver

Interns & Summer Students



**Arianne
Panet-Raymond**
Food Security Intern



Ariel Bernatchez
Food Security Intern



Jacob Gaudet
Food Security Intern



Laura Bernier
Food Access Intern



Karine Paquet
Food Security Intern



**Beatrice
Thomassin-Demers**
Food Security Intern



Sarah Flibotte
Food Security Intern



Jacob Buisson
Food Security Intern



Lauren Ziffle
GEC & KinPark Intern



Brooklyn Pallen
Summer Camp
Counsellor



Sinthu Ratnasami
Summer Camp
Counsellor



Owen Vaags
Garden Education
Centre Intern



Trevor Tallis
Garden Education
Centre Intern



Carla Turner
Garden Education
Centre Intern



William Ngenda
Garden Education
Centre Intern



Marisa Herrara
Garden Education
Centre Intern



Michael Nickel
Maintenance



Judy Caughlin
reFRESH Intern



Robert Charlie
Kitchen Intern



Robin Truelib
Ceres Intern



**Emmanuelle
Baumann**
Ceres Intern



Mahjabeen Ashraf
Marketing Intern



Katia Bannister
KinPark Intern

Board of Directors



Nadeane Nelson
President



Eduardo Sousa
Director



Lucy Thomas
Director



Chloe Boyle
Director



Cathy Gilbert
Director



Shannon Norris
Director



Suzanne Didier
Director

Volunteers

2020 was a busy year, full of volunteer leadership throughout our programs and initiatives. You may have met some of CGC's wonderful volunteers in the reFRESH Cowichan Marketplace, at KinPark and the Garden Education Centre, through the Resiliency Project or maybe in the kitchen cooking up a storm. No matter what role they take on, CGC's work wouldn't be possible without volunteers.

Here is a list of just some of the amazing people who contributed 2,500+ hours to helping us achieve our goals in 2020:

Tom Devereaux
Susan Smith
Sabine Almstrom
Bruce Coates
Martha Lescher
Heather Ferris
Gary Greenstein
Veda McShane
Christy McShane
Joslyn Finkle
Quinlin Campbell
Lily Wang

Helen Williams
Annika Sabathil
Hannah Pallen
Gladys Dorst
Margaret Tudway-Cains
Pete Huerter & Family
Gail Mitchell
Steve Mitchell
Regina Montag
Allison Ibbotson
Carol Newington
Ted Leischner

A Special Thank You



Here at CGC, we've been honoured to have Sandy McPherson volunteer in many of our programs and most recently, in our reFRESH Marketplace. For the past 10+ years, Sandy has been a dedicated volunteer and friend of CGC and the many community members we work with. CGC would not be what it is today without Sandy by our side. The Cowichan community would be missing a significant bright light without Sandy spreading her love, dedication, and inspiration. We are so incredibly grateful that she chose to move into our community 12 years ago from the Highlands near Victoria. She's definitely brought her fire and inspiration north and we truly hope she never leaves.

Community Food Access Project

This year has been a rollercoaster ride, to say the least, but one thing that has remained constant around Cowichan Green Community (CGC) is the never-ending flow of food. What started as the Food Recovery Project in early 2018, has progressed and grown into an entire team effort of moving, sorting and distributing over 200,000 pounds this year of perfectly good, nutritious food that has been rescued from local grocery stores and farmers, and then delivered throughout the Cowichan Region. Over the past few months, a new project has emerged that targets keeping the flow of food moving, while also bringing training and employment opportunities to the table.

Funded through a Government of British Columbia Job Creation Partnership, the Community Food Access Project looks at continuing to recover and distribute even more food, but has a focus on skill building and helping individuals back into the work force. The employment piece is twofold. First, four participants recently on employment insurance, have been hired to assist the project with its deliverables while also building skills and tangible work experience through the various CGC programs, to increase their opportunities for sustainable employment. And second, the team is developing a number of workshops aimed at the vulnerable communities that CGC supports with food, providing both nutrition and skill building in one neat package...or in this case, a banana box!

CGC's humble van driver Mike, continues to deliver up to 1000 lbs a day of quality food to the long list of service providers, shelters, food banks, schools and First Nation communities that CGC supports. Once this food arrives on location, with Covid-19 protocol's in place, either a representative or the clients themselves, look through the vast array of fruit and vegetables and select whatever they may need for the week. This helps reduce food waste even further by allowing organizations to choose what they know they will use, rather than a mystery box of food that contains unwanted items.

What the pandemic has highlighted, is the increasing need for local food security and a community response to emergency situations, even more so due to our geographical isolation and reliance on imported food. With a more resilient food system in place, we will be much more prepared for these kinds of events and be able to respond efficiently and keep ourselves and our vulnerable communities fed.



Nathan Harben
Food Access
Project Supervisor

Cowichan Grown Farm, Food, & Drink Map

This was CGC's 11th edition of the region's premiere guide to local farm-fresh food and drink. The 2020 map featured 55 farms, for the first time including 4 farms on Salt Spring Island! We were once again delighted to collaborate with Tourism Cowichan and Economic Development Cowichan in promoting Cowichan's diverse agricultural bounty. As the Covid-19 pandemic caused many people to seek out alternatives to visiting the grocery store, the map became a valuable reference for local shoppers looking to support local. When farmer's markets shut down or temporarily restricted the number of vendors, local farmers also turned to alternative sales outlets such as Cow-Op.ca.

The map served to promote our local economy in 2020 by connecting farms with new buyers and providing a creative, colorful and tangible solution to the lack of in-person marketing.

12 South Island Saskatoons 

Monty & Sharon Vanhouwe or Carol & Dan Teichrob
1245 Fisher Rd, Cobble Hill
250-743-9464
southislandsaskatoons@outlook.com
www.southislandsaskatoons.com

 

Saskatoon berries: the heritage prairie berry.

Saskatoon berries (fresh/frozen), saskatoon berry pies, jam, jelly, syrup, Berry Bubbly, filling, saskatoon plants, fresh baking (June to October). Retail and wholesale. Berry bubbly is non alcoholic – limited supplies.

Farm gate: Mon – Sun, 9am – 5pm. No appt necessary.
Pets OK.
Duncan Farmers' Market, Cow-Op.ca

GPS: 48.69915, -123.58523

5 Mill Bay Farms 

Thomas Hyde
Mill Bay
250-743-3357
info@millbayfarms.ca
www.millbayfarms.ca

 

Duck eggs from pastured birds grown by nature.

Delicious free-range and non-GMO. Whole ducks occasionally available, from pasture-raised happy ducks.

Eggs available at fine local retailers.
Check our website for current listings.

GPS: 48.67943, -123.56891

FREE LOCAL FARM MAP
Your year-round guide to locally produced food and drink in the Cowichan region.
Over 50 farms, vineyards, and Cowichan food processors listed!

TO VIEW ONLINE VISIT OUR WEBSITE
WWW.COWICHANGREENCOMMUNITY.ORG/FOODMAP

2020



**COWICHAN GROWN**

 Cowichan Green Community
Cultivating food, community, and resilience

**Cowichan**
ecdevcowichan.com



Laura Boyd-Clowes
Cowichan Farm Map
Coordinator

Cowichan Valley Co-operative Marketplace

2020 was a pivotal year for our dear Cow-op! The pandemic posed challenges that required the co-operative to work hard and respond quickly – and that they did! In 2020 Cow-op established a Contactless Home Delivery System that serves customers throughout the CVRD and as far North as Nanaimo. It opened 3 new pickup points and grew its staff from 1 to 6 teammates.

From March through December when local farmers' sales avenues all but disappeared, Cow-op reduced its margins by nearly 2/3rds in an effort to keep more money in farmers' pockets. It on-boarded new producers and expanded its membership to over 100 members. Cow-op currently serves an average of 130 customers per week and now offers a wholesale storefront for improved access and ease for our regions' chefs and grocery stores to local products and ingredients.

In 2020 Cow-op received the support of 2 x Canada Summer Jobs internships, funding and partnership support from Community Evolution and a \$100K JCP grant from the BC Ministry of Finance and Poverty Reduction that is providing full-time jobs to 2 participants for up to 42 weeks.



Emergency Food Task Force

In March, the City of Duncan asked CGC to set up an Emergency Food Task Force. It seemed imperative to start a coordinated effort to support the community when immediate food needs rapidly became problematic due to Covid.

Within a week, over 25 organizations pulled together and starting meeting weekly on Zoom. We had representation from local community organizations, service providers, the school district, non-profits, First Nation's organizations, Island Health, and the City of Duncan.

The top priority was to stay in touch and ensure food was distributed to the most vulnerable communities affected. We discussed immediate food shortages and developed plans to support organizations and programs that had to shut down, either temporarily or permanently.

Collectively, we set up new programs, coordinated hamper deliveries, cooked and delivered thousands of meals for the temporary housing shelters, and raised hundreds of thousands of dollars to ensure everyone had sufficient access to nutritious food.

What started as a short-term need has developed into an ongoing, still valuable initiative and we've continued to meet into 2021. Getting so many passionate people in a virtual room together has enabled a solution-driven approach to get food, meals, and support in an inspiring, inclusive, and heart-warming effort.



Colleen & Mary Task Force Members



*Christmas at the Ramada
Temporary Shelter*

Farmer's Market Nutrition Coupon Program

Funded by the Ministry of Health and the Ministry of Agriculture, CGC was able to offer the BC Farmer's Market Nutrition Coupon Program for the 7th year in a row! This year, we were able to support a total of 81 young families and seniors with a \$25 weekly coupon to shop at the Duncan Farmer's Market.

Throughout the Covid pandemic, many families and seniors have been victim to the brute force of food insecurity due to unpredictable financial strains and other challenging factors. Since coordinating this program, we saw the highest redemption rate of coupons used at the Duncan Farmer's Market this year, which resulted in \$27,129 going directly into the hands of our local farmers and producers here in the Cowichan Region.

Not only did this program serve a number of families and seniors at a time of severe need, but also to our local farmers and producers.



Ariel Bernatchez
Food Security Intern



FruitSave

This year's harvest was bountiful yet again with our FruitSave program. 6,561 lbs of fruit harvested from FruitSave was donated to a number of programs and organizations such as the Ramada Hotel housing site, Clements Centre, Meals on the Ground, Community Kitchens, Malahat Nation, Penelakut Island, women's shelter, Warmland House, Cowichan Valley Foodbank, and the Sunrise Waldorf School. FruitSave would not have been a success without the support of our 25+ dedicated pickers who contributed over 280 volunteer hours, and the 45+ locations and individuals who allowed us access to their fruit tree(s). Many thanks and appreciation to our FruitSave pickers and tree owners!

A highlight of FruitSave this year was attending the apple pressing at McBarley's, a local brewery and winery in Duncan. On a frosty October morning, a small crew of CGC staff lifted 5600lbs of apples and pears to be pressed. We were able to produce 1080L of fresh apple cider. 1000L of that will go towards a future alcoholic apple cider and 80L can now be found in the store for sale in 5L containers.



Jacob Gaudet
Food Security Intern



The Garden Education Centre

Previously known as the Cowichan Agricultural Seed Hub, the 3.5 acre farm at 2431 Beverly St. has produced locally adapted, organic seeds since its inception in 2015. The site has continued to grow over the past 5 years to include a tool lending library and seed library, and the Ross Wristen Inclusion Garden was added in 2019 to provide gardening opportunities to people of all abilities. This year, amidst a world of uncertainty and change, the site grew once again to include a greenhouse, retail space, and community gathering places. Rebranded as the Garden Education Center, the site became a hub of activity for volunteers, school groups and the general public.

As customers found their way into the new nursery at the Garden Education Center, most were amazed at the changes that had occurred on the site, and impressed at the scope of work being done. Customers enjoyed browsing the selection of native and medicinal plants in the greenhouse, roaming through the garden rows, or even just having their picture taken in the sunflower patch.

As the gardening season approaches for 2021, customers from last season are already coming back, ready to support this great local space. Volunteers are already checking on their garden plots to make sure they are ready when the time comes to plant again. The excitement around the Garden Education Center this year is palpable: a welcome addition to the Cowichan Valley's agricultural community.



Sandy Munns
Garden Education
Centre Supervisor



Inclusion Garden Project

The Ross Wristen Inclusion Garden became a gathering place for a wonderful diversity of dedicated volunteers tending communal and individual garden plots. Vegetables grew with abundance and were shared by all. With accessible garden beds, staff mentorship and an inclusive culture, the garden was a place to all people to gain gardening skills, enjoy fresh vegetables and feel a sense of community. With the help of 30 volunteers and over 400 volunteer hours in 2020, the Inclusion Garden expanded to include more garden space, additional wheel-chair accessible garden beds, and a picnic table and pergola for gathering.

The Inclusion Garden also became an outdoor classroom for CVRD summer campers, VIU WEST practicum students and Quamichan Middle School students. These students brought a vibrancy to the site with their enthusiasm, curiosity, and willingness to get their hands and feet dirty while helping in the field. Quamichan Middle School students built compost bins on site to start a pilot project to reduce school waste and build soil for a school garden. We are grateful to work in partnership with our neighbouring schools.

In the fall, weekly community seed saving workshops were held. Thanks to the many helping hands, we completed the tedious work of cleaning, processing and storing all the seeds from the season!



Tessa Stiven
Inclusive Farming
Project Supervisor

KinPark Kid's Camp

This year, KinPark Kid's Camp was definitely a bit different due to Covid restrictions, but nonetheless it was yet again a great success with a bounty of fun and cherished memories! Our park was certainly full of laughter, learning, and joy amongst our camp counsellors and the 53 children ages 6 – 10 who registered this year, giving us a total attendance of 146 throughout the summer.

KinPark Kid's Camp continues to be a combination of education and fun in the garden, in the kitchen, and in other spaces throughout our community including Centennial Park and Duncan Lanes for some afternoon bowling fun. Due to Covid, our other trips and adventures to the Aquatic Centre and the library were cancelled, but we maintained the same level of fun and excitement regardless!

Each day, our campers and camp counsellors engaged in farming and gardening activities such as planting, watering, seeding, harvesting, and even weeding! Taste testing throughout the farm was always a favourite activity; especially when being used in our cooking classes. With a huge variety of farm fresh produce harvested by the campers themselves, we turned it all into tasty and healthy goodies during our once a week cooking classes at CGC's kitchen. The menu this year included dilly beans, refrigerator pickles, zucchini muffins, latkes, hummus, kale chips, and chocolate beet cake!

When the campers weren't busy with their hands in the soil, and cooking up a storm in the kitchen, our summer camp counsellors Sinthu and Brooklyn led multiple games, crafts, silly icebreakers, and other fun-filled activities.

One highlight this year was a presentation on orcas led by CGC staff member, Hannah Auer. Hannah gave a quick lesson on orcas, and showcased the local pods we have through felted orca mobiles she had created. After learning about the importance of our oceans and how we can protect them, the kids all created their very own felted soaps using natural ingredients.

We can't wait for another fun-filled summer next year at KinPark Kid's Camp!



Naomi Kulhawy
KinPark Youth
Urban Farm Manager



Laura Boyd-Clowes
KinPark Youth Urban
Farm Supervisor

KinPark Youth Urban Farm

The 9th year at KinPark has been a year of resilience with plenty of fresh vegetables, youth, and community. Two schools joined for work parties, workshops, volunteer opportunities, and science lessons. KinPark Supervisor Laura facilitated weekly gardening classes at Queen of Margaret's for primary students. Farm Manager Naomi oversaw the garden and facilitated youth and volunteer activities. Farm Assistant Lauren joined the team in June assisting with all day to day operations of the farm. The team welcomed **over 170** young people and community members to the park for farm and educational programming at the park with **over 745** volunteer hours.

"Growing SusTEENability", a program for self-identified girls aged 13-18, was launched in March with grant funding received from the Community Action Initiative. Girls participated in a combination of weekly in person and virtual meet ups and workshops developing skills and gaining first hand knowledge and experience in urban agriculture, vermicomposting, natural cosmetics, financial literacy, business planning, goal setting, and more.

Grant funding from the New Horizons for Seniors Program allowed for the rebuild of beds in the Kinsmen Community Gardens under the guidance of community gardener Tom Devereaux. Ted Leischner of "Plan Bee Now!" mounted a mason bee house in the park, filmed a video on mason bees and gave a workshop to students from Cowichan Secondary.

KinPark Youth Urban Farm doubled 2019's sales on www.cow-op.ca, sales increased in the reFRESH Cowichan Marketplace selling a variety of fresh produce, value added products, hand made cotton masks and beeswax candles.



Naomi Kulhawy
KinPark Youth
Urban Farm Manager



Laura Boyd-Clowes
KinPark Youth Urban
Farm Supervisor

reFRESH Cowichan Marketplace

The reFRESH Cowichan Marketplace underwent some big changes this year! New flooring, new refrigerators and freezer, a fresh paint job, as well as new shelving that creates aisles for better shopping. reFRESH is currently growing and developing with vibrancy. The store and it's team are on a clear and active path to providing healthy, affordable food to the community.

One of the biggest successes for reFRESH this year was the expansion of our reFRESH Coupon Program providing 100+ seniors and families with \$25 grocery coupons every week. With the unexpected Covid pandemic, many faced even greater food insecurity, struggling to put food on the table. With the tremendous support from 100 Women Who Care, First West Credit Union, Victoria Foundation, Vancouver Foundation, Food Banks BC, Community Food Centres Canada, and private donors, we were able to expand the program to support a greater number of seniors and families with a higher amount coupon. This program was been expressed as a necessity from the many people who are on it.



The Resiliency Project

The Resiliency Project is an initiative funded by the City of Duncan, in response to the Covid crisis, with a focus on deepening community resilience and connection through the Covid crisis. Through a series of community meetings in three neighbourhoods in the City of Duncan, we decided to focus on the connection between ecological resilience and community resilience.

In Rotary Park we planted a community meadow, to support pollinator health and ecological diversity locally. We partnered with Saanich Native Plants on the planting plan, and with the Cowichan Valley Naturalists. We also created a native plant nursery program, where participants grow out the seeds in their own yards, and then half of the seeds return to the community meadow site next season. We had 78 community members sign up and take seeds for the program.

In Centennial Park, we hosted an outdoor basketry workshop series, featuring Janice Mackirdy of the CGC, using invasive English Ivy gathered from the forest surrounding the park as weaving material. In Cairnsmore, we collaborated with a teacher from CVOLC and Sierra Robinson, a permaculturist, to work on a native plant meadow at the corner of CVOLC grounds, working with students and folks in the surrounding neighbourhood.



Hannah Auer
Resiliency Project
Coordinator

Cowichan Green Community Foundation

The pandemic certainly had an unforeseen effect on the foundation. We had to immediately put a pause on the Food Fit youth cooking classes as the schools were closed and face-to-face, hands on learning just wasn't possible.

However, other foundation activities quickly ramped up including the Island Health's Pregnancy Outreach program. We creatively had to raise funds to keep things running smoothly when the annual Rotary Octoberfest fundraiser has to be canceled.

Meals on the Ground, the free meal program offered at the Duncan United Church 3 nights a week became even more essential and CGC's kitchen team jumped in and added one evening's meal a month to their already busy schedules to ensure the program kept running.

The StarFish BackPack program, providing healthy food to children in our local schools, exploded and their relationship with the school district supported hundreds of hampers that kept happening even when schools shut down.

The Meals on Wheels program saw unprecedented increases as more vulnerable community members were in lockdown and facing isolation, never-before anticipated. The incredible staff, interns, and volunteers worked exceptionally hard to keep up with demand.

The Emergency Relief funds raised through several foundations, including the amazing Victoria Foundation, Community Food Centres, Canada, Vancouver Foundation, and other supporters helped us raise thousands of dollars to keep the food programs running smoothly. Our kitchen was buzzing with prepping the nutritious meals for dozens of local people who rely on this service.

We're so grateful to all the funders and donors who allowed us to support our most vulnerable community members and ensuring people had healthy, nutritious food on their tables through these challenging times.



Chris Hall
President



Amanda Vance
Director



Jane Nares
Director



Stephen Bishop
Director

Thank You !

We would like to share a special thank you to our community members who have donated to CGC.
Your generosity supports programs with limited or no funding. We would also like to thank the following supporters:

Partners & Donors

Cobble Hill Farmers Institute
Cowichan Secondary School
Community Seniors Community Foundation
Cowichan Valley Basket Society
Cowichan Valley Open Learning Centre
Country Grocer Cobble Hill
Country Grocer Lake Cowichan
CVRD Summer Camps
Dogwood Lumber
Duncan Christian School
Duncan Garage & Café
Fisher Road Recycling
Heritage Quilters
Island Savings Credit Union
Libra Tree Services
Municipality of North Cowichan
Quamichan Middle School
Queen Margaret's School
Save On Foods Duncan
Cowichan Valley School District 79
Thrifty Foods Duncan
Thrifty Foods Mill Bay
Vancouver Island Regional Library
Vancouver Island University WEST Program

Funders

100 Women Who Care
Agriculture and Agri-Foods Canada - YESP
BC Association of Farmer's Markets
City of Duncan
Community Food Centres Canada
Community Action Initiative
Duncan Dabber Bingo Society
Ethos Career Management – Work BC
Food Banks BC
First West Credit Union
Government of Canada – Eco Action
Government of Canada – New Horizons for Seniors
Government of Canada – Canada Summer Jobs
Government of Canada – Enabling Accessibility Fund
Investment Agriculture Foundation
Island Coastal Economic Trust
Island Health
Island Savings Credit Union
Leadership Victoria
McConnell Foundation - Innoweave
Ministry of Agriculture – LEAN
Ministry of Agriculture – Innovation & Adaption Services
Our Cowichan
Peninsula Co-op
Province of BC – Ministry of Social Development and Poverty Reduction
Province of BC – Community Gaming
Rotary Club of Duncan
Royal Bank Foundation
United Way Central and Northern Vancouver Island
Vancity Credit Union
Vancouver Foundation
Victoria Foundation
WorkBC – GT Hiring Solutions
WorkBC – Ethos Career Management Group Ltd
Young Canada Works

Businesses

Ajac's Equipment
Alert First Aid
Ampersand Distilling
BC Greenroof
Buckerfield's
Cowichan Hydroponic Supplies
Cowichan Valley Voice
Dogwood Lumber
Duncan Plants 'n Ponics
Dinter Nursery
Fast Eddy's Tree Work
Polster Environmental Services Ltd
Island Ford
Island HotHouse
Little Guy Supply
McBarley's
Peaks Coffee Co
Portofino Bread
Progressive Growth Nanaimo
Reber Creative
Saltspring Seeds
Small Block Brewery
True Grain Bread
Valley Cider Company
Zaiss Design

Farms

Elderberry Grove
Farm Table Inn
Green Fire Farm
Home for Hooves
Hope Farm
Island Hothouse
Keating Farm
Local Forage Farm
Lockwood Farms
Muddy Feet Farm
Westholme Tea Farm
Yesteryear Farms

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