

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 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.

IRON DEFICIENCY

Iron deficiency is the most common nutrient deficiency in the world.



Iron deficiency occurs most commonly during three phases of early life when the brain is developing: In fetal life, toddler hood, and early adolescence, particularly in females.

Fetal and neonatal iron deficiency occurs as a result of four gestational conditions one of which is maternal iron deficiency anemia.

To help people receive the proper amounts of iron, Healthiest Babies Possible supplied 425 meat and egg vouchers and hundreds of Lucky Iron Fish to families in need.

In 2016, 44% of women attending Healthiest Babies Possible, the local Pregnancy Outreach Program, had an initial hemoglobin that was below normal.

LOCAL FOOD ECONOMY

- Emergency Food Sources: 17
- Community Supported Agriculture (CSA) Programs: 15
- Community Supported Fishery (CSF) Programs: 1
- Grocery Stores: 65+
- Farmers’ Markets: 9
- Cold Storage Units for Food Processors: 1

PROFILE: COWICHAN VALLEY BASKET SOCIETY

• Bowls of Soup Served	39,859
• Sandwiches Served	35,098
• Hampers Distributed	5,162
• Adults Served (18+)	8,144
• Children Served	4,298

For more information on the Cowichan Food Security Coalition please visit our web page: <https://cowichangreencommunity.org/community-action/cowichan-food-security-coalition/> or to get involved, please contact Cowichan Green Community by phone 250-748-8506 or by email info@cowichangreencommunity.org