

Cowichan Food Security 2015 Report Card

Cowichan at a Glance

- Geographic Area: 3,474.55 km² (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)
Wage will go up to \$10.85 in September 2016
- 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	5	5
# of adults who accessed a registered food bank	1672	1638
# of youth (18<) who accessed a registered food bank	957	952
# of meals served by Meals on the Ground	3342	6667
# 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 for more information.

Cowichan Valley Basket Society

2015

# of Adults Served	2160
# of Children Served	1306
# of Households Served	1093
# of Seniors Served	138
# of Meals/Snacks Served	3505

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