

From: [Karen Matthews](#)
To: [Karen Matthews](#)
Subject: Farm to School BC Opportunities in SD68
Date: October 26, 2022 5:16:32 PM
Attachments: [image007.png](#)

From: tessa.stiven <>

Sent: October 24, 2022 12:36 PM

To: Charlene McKay <Charlene.Mckay@sd68.bc.ca>; Naomi Bailey <Naomi.Bailey@sd68.bc.ca>; Tania Brzovic <Tania.Brzovic@sd68.bc.ca>; Greg Keller <Greg.Keller@sd68.bc.ca>; leana.pellegrin@sd68.bc.ca; mark.robinson@sd68.bc.ca; Leanne Lee <leanne.lee@sd68.bc.ca>; chantelle.morvay@sd68.bc.ca; tom.rokeby@sd68.bc.ca

Subject: Farm to School BC Opportunities in SD68

CAUTION: External Message

Hello SD68 School Board Trustees,

As a new term begins, I wanted to introduce myself and share a few upcoming opportunities.

My name is Tessa Stiven and I am the Farm to School BC Community Animator for the Central Island Region. I work with communities and partners to support schools in building comprehensive farm to school programs that support sustainable food systems, develop student food literacy, and enhance school and community connectedness.

One of the ways that we support schools is through our annual Farm to School BC grant program. Our application period is currently open until November 13th. You can find more information here: <https://farmtoschoolbc.ca/grants/>. In the past 5 years, we have funded 10 schools in SD68.

In addition to our grant program, I support schools through facilitating learning circles, hosting ProDs, connecting schools to community resources, offering school garden consultations, sharing provincial best practices, grant writing, organizing farm field trips, and more!

I manage a regional Farm to School BC Listserv. I have included October highlights attached to this email as a sample of our monthly listserv posts. Please let me know if you would like to be added to the listserv to keep up to date with F2SBC opportunities in the region, or sign up here: <https://groups.google.com/g/f2s-nanaimonorth-region-network>

We work closely with the BC Chapter of the Coalition for Healthy School Food. The Coalition is hosting a webinar this Thursday on using the Student and Family Affordability funds to advance school food programs. More information here: <https://us02web.zoom.us/j/7w4fu-sr24tEzH46cW/rP1h4NocuesQIR>

Please reach out. I would love to offer support and collaboration with any projects related to food literacy and food security in the district.

In community,

Tessa

OCTOBER 2022

CENTRAL ISLAND F2SBC LISTSERV

SUPPORTING SCHOOL DISTRICTS 68, 69 & 70
SNUNEYMUXW, STZ'UMINUS, SNAW-NAW-AS, K'ÓMOKS, HUPAČASATH,
HUU-AY-AHT, YUUŁU?İŁ?ATH, TLA-O-QUI-AHT, AND ČÍŠAA?ATH TERRITORIES

October Highlight

GABRIOLA ELEMENTARY

October was the third annual Apple Day for students from Gabriola Elementary. Apples were juiced, sauced, dried, made into art projects, and inspired an impromptu apple soccer match! Students enjoyed the fruits of their labour, feasting on just-squeezed apple juice and warm apple sauce. The dried apples will be a snack this winter during garden activities. The event was organized by [People for a Healthy Community](#) and came together with the support of community volunteers and Grade 7 apple pickers! Aside from Apple Day, People for a Healthy Community also facilitates weekly gardening and meal programs for Gabriola Elementary! Wow!



Opportunities

FARM TO SCHOOL BC GRANTS

Farm to School BC offers two types of grants: Start-Up Grants of up to \$3,000 and Scale-Up Grants of up to \$1,000. The deadline to apply is November 13, 2022. Find out more information at farmtoschoolbc.ca/grants. Looking for support? Attend the [provincial grant writing workshop](#) on Thursday, October 20th or reach out to the Central Island F2SBC Community Animator, Tessa (tessa.stiven@farmtoschoolbc.ca).

TAKE ME OUTSIDE WEEK

Monday October 17th to Friday October 21

Celebrate Take Me Outside Day with a week of virtual workshops on the themes of Indigenous Knowledge, Health and Well-being, and Environmental Education. More information at takemeoutside.ca/tmoday

INDIGENOUS SCHOOL FOOD SERIES - COME TO THE TABLE

October 26th & 28th

Virtually join this in-person gathering to hear inspiring stories of Indigenous-led school food programs and connect to information and resources: canadianfeedthechildren.ca/the-feed/indigenous-school-food-series/

Meet the Network

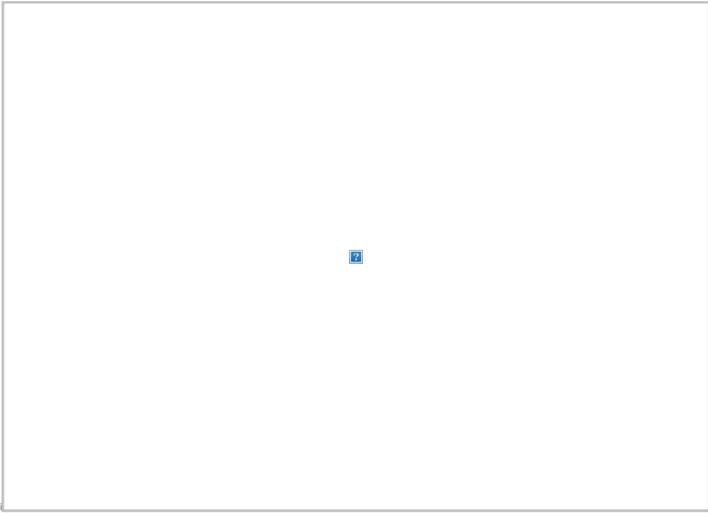
JENNIE WHARTON, NANIMO FOODSHARE SOCIETY

Jennie is the Education Coordinator with Nanaimo Foodshare Society (NFS). She is also a mother of two and loves working with kids and talking about cool stuff like nature and farming. Jennie leads school field trips at NFS' Five Acre Farm in Harewood. Harewood was once known as the bread basket of Western Canada with 5 acre farming plots and the hunting grounds of the Snuneymuxw people. Five Acre Farm is the last 5 acre plot left and is still being farmed!! Bring your class for a farm field trip in October, or book ahead for the Spring! Reach out to Jennie for more information: jenniewharton@nanaimofoodshare.ca or book here: signup.com/go/Mbxwcfy



CENTRAL ISLAND F2SBC LISTSERV

IF YOU WOULD LIKE TO SEND AN UPDATE TO THE CENTRAL ISLAND NETWORK YOU CAN DO SO BY SENDING AN EMAIL TO F2S-NANAIMONORTH-REGION-NETWORK@GOOGLEGROUPS.COM



Tessa Shi
Central Island Region Community Animator, F2SBC
Public Health Association of BC
Email: centralislandregion@jamtoschoolbc.ca
Cell: 250-510-6684

ven (she/her)

I acknowledge that I live on the unceded territory of the Quw'utsun Nation. I acknowledge my work supporting school programming is on Snuneymuw, Stz'uminus, Snaw-naw-as, sK'ómoks, Hupac assa'h, Hux-ay-aht, Yuulú/á'ath, Tla-o-qui-aht, and dáaa'ath territories.

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