

Introduction

The community organization we will be working with is the Galiano Community Food Program which was established in 2008, and is part of the Galiano Club (The Galiano Club and Community Food Program, 2017). The Food Program builds community bonds through all kinds of food-related activities (J. Wolverton, personal communication, September 21st, 2017). These activities include growing, preparing, preserving and sharing food. The Food Program focuses on availability, accessibility, adequacy, acceptability, and agency of food security in order to provide healthy food for all members of the community at a low-cost during community dinners (UBC Wiki, 2017).

The community food security issue at Galiano Island is due to the large amount of low-income households on the island (20% of the population), as communicated by Jane (President of the Galiano Club), and many of those that are food insecure at Galiano are seniors. Therefore, our goal is to provide recommendations for the Galiano Community Food Program to improve their menus that cater to those in the community during dinners.

Significance

The Galiano Island Community Food Program that we are working with is significant in achieving food sovereignty and in seeking food justice on the Galiano Island. The people on the island should have the right to access healthy and culturally appropriate foods as well as the right to define their own food and agriculture system, as defined by the Food Secure Canada. The project itself is to perform dietary analysis on the food provided for the members of the Galiano Club and determine if they are able to get access to healthy and culturally appropriate foods. Thus, eventually seeking food justice for the members of the Galiano Club. (Allen, 2008)

The knowledge gap apparent in this community project is that the Club cannot validate whether or not food they are providing is meeting the nutritional requirements of its members. Thus, in order to achieve food sovereignty and seek food justice in the community, we will need to perform a dietary analysis of Club menus and shorten this gap.

Another gap in our project is in solving food insecurity and helping the low-income population. There is no singular solution in solving food insecurity (Wesche et al., 2016) and providing recommendations for menus alone will not directly solve food insecurity or the low-income population problem. However, it is important to recognize food security is not just about having enough food to eat, it also encompasses how people think and approach food consumption (Wesche et al., 2016). We believe that having food-related activities such as passing down knowledge of traditional food production/processing (like canning and harvesting nutritious weeds such as nettle) is useful and effective in contributing to long-term food security, health, and well-being, and is therefore a strength of the community. Therefore, we will be conducting semi-structured interviews to assess food preferences and traditional food production/preparation methods. Wesche et al. (2016) suggest that by supporting cultural continuity and the passing down of skills and knowledge that will increase community food

security and food sovereignty, we are implementing asset-based development by working with the strengths of the community that are already in place.

Objectives

The overall goal of the Galiano Island Community Food Program is to provide nutritional assessments of current menus with help from UBC dietetics and the Galiano health care team. One of our objectives is to tailor our recommendations so that traditional methods of food production/preparation, as well as cultural preferences for food during semi-structured interviews with island residents, are taken into account. Our team will only be visiting the island on October 14th until the 15th. Meanwhile, we will start on the second objective, which is to increase the level of nutrients in recipes given by Jane to meet the dietary needs of club members with help from a UBC dietitian, who we still have to find.

Methods

A nutritional assessment is the science of measuring and determining an individual's nutritional status by analyzing their history and current data. This comprises of four components, which are anthropometric, biochemical, clinical, and dietary. By analyzing these four components of an individual, "the measurement of the extent to which the individual's physiological need for nutrients can be determined" (Rideout, 2017). During our trip to Galiano Island, we will use this opportunity to do a nutrition assessment from the foods given to the community from the Galiano Club. There will be restrictions to our assessment, since we are only measuring the health of the general community and will not be able to perform an explicit analysis in each of the four components listed above. This assessment will be accomplished by interviewing vendors at the Stock Up Market at the Community Hall and by analyzing recipes that Jane has sent to us prior our trip. Ethical considerations involve avoiding sensitive topics during interviews, such as the ongoing land-use dispute on the island. Furthermore, we will be collaborating with the nutritionist from the Galiano Clinic to gather more information on the diets and the clinical health of the community.

In order to properly analyze the data we have collected, we will be partnering with a dietitian from UBC. The role of a dietitian typically identifies and assesses the nutrition problems and statuses of patients as well as protecting, promoting, and enhancing the health of the community (Roles of a Dietitian, 2016). This partnership with a UBC dietitian is crucial to our assessment as it can provide us additional guidance and information for us to properly measure our assessment. After returning from Galiano, we will be examining all the information we have gathered and will be asking a dietitian here at UBC for further consultation.

Outcomes

The expected outcomes of our project is that we will make a dietary intake recommendation for the Galiano food club members based on our systematic clinical and dietary level nutritional assessment on their current diet ingredients. Recommendations will be released to Jane through a formal report by December 3rd, 2017, and hopefully implemented into the Galiano Club menus.

Budget

Since we are travelling to Galiano Island for this project, there will be many expenses such as ferry cost, transportation while we are on the island, accommodation and food costs. We will be renting the LFS Dodge Caravan which will cost \$0.41/km driven, and will only be reimbursed up to \$50.00 in gas if we do not use the gas credit card provided (Vehicle Bookings). The cost for the van from UBC to Tsawwassen, round trip, including the ferry terminal on Galiano Island to our place of stay round trip will be approximately \$35 not including pit stops, or visiting other places on the island (Vehicle Bookings). The ferry ride round trip, will cost approximately \$285 for all six of us (BC Ferries, 2017). For our accommodation, Jane booked us two rooms at Driftwood Village, which costs approximately \$175/room (J. Wolverton, personal communication, September 21st, 2017). With two rooms, it will cost approximately \$350 plus tax and any other service or cleaning fees (J. Wolverton, personal communication, September 21st, 2017). Since we are on the island for two days, one night, we are budgeting for \$20/meal. We will have about three to four meals on the island, which will add up to about \$60-\$80 for the entire trip.

References

- Allen, P., & Sachs, C. (2012). Women and food chains: The gendered politics of food. Taking food public: Redefining foodways in a changing world. *International Journal of Sociology of Agriculture and Food*, 15(1), 23-40. Retrieved October 08, 2017, from http://ijsaf.org/archive/15/1/allen_sachs.pdf
- BC Ferries. (2017). Retrieved Oct. 03, 2017, from http://www.bcferreries.com/files/fares/pdf_format/BCF_Fares.pdf
- Food Secure Canada. What is food sovereignty. Retrieved October 08, 2017, from <https://foodsecurecanada.org/who-we-are/what-food-sovereignty>
- Galiano Island Community Food Program – Nutritional Analysis of Meal Program. (n.d.). Retrieved October 03, 2017, from <http://lfs350.landfood.ubc.ca/community-projects/2017-fall-projects/galiano-island-community-food-program-nutritional-analysis-of-meal-program/>
- Rideout, C. (2017). Nutritional Assessment 1 [Powerpoint Slides] retrieved Oct. 01, 2017, from https://connect.ubc.ca/bbcswebdav/pid-4468901-dt-content-rid-22974358_1/courses/SI.UBC.FNH.355.001.2017W1.88868/class%20%20Nutrition%20Assessment%201_21ept2017_for%20Connect%20colour.pdf
- “Roles of a Dietitian” (2016). *Mount Saint Vincent University*. Retrieved October 06, 2017, from www.msvu.ca
- The Galiano Club and community food program. Retrieved September 21, 2017, from <http://www.thegalianoclub.org/>
- UBC Wiki. *Course:LFS350/Projects/Fall2017/galianomeals*. Retrieved September 21, 2017, from <http://wiki.ubc.ca/Course:LFS350/Projects/Fall2017/galianomeals>
- Vehicle Bookings. (n.d.). Retrieved October 03, 2017, from <http://www.landfood.ubc.ca/contact-us/bookings/vehicle-bookings/>
- Wesche, S. D., O'Hare-Gordon, M. A. F., Robidoux, M. A., Mason, C. W. (2016). Land-based programs in the Northwest Territories: Building Indigenous food security and well-being from the ground up. *Canadian Association of Food Studies Journal*, 3 (2), 23-48. Retrieved September 19th, 2017, from <http://canadianfoodstudies.uwaterloo.ca/index.php/cfs/index>.