



COOKING UP CHANGE

2012-2013 Annual Report



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2012-2013

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COOKING UP CHANGE

A Message from the Executive Director and the Board Chair

From Altona to Shamattawa, Melita to Brochet, the work of Food Matters Manitoba stretches across our province. Whether working with young people in schools, supporting hands-on community projects, or celebrating community food champions, Food Matters Manitoba is proud to nurture healthy, sustainable, and fair food for all.

Food Matters Manitoba continues to work with 13 communities through the Northern Healthy Foods Initiative. In the past year, we have supported new gardening and composting projects, documented and shared traditional food resources, and supported our first northern Chicken Club. We are excited to see our northern program grow and diversify, based on the passion, creativity, and hard work of our community partners.



Kreesta Doucette
Executive Director



Rhonda Lorch
Board Chair

This spring, Food Matters Manitoba distributed school garden kits to 89 schools across the province, enabling 2500 children to get their hands in the dirt and grow food. In rural Manitoba, Food Matters Manitoba provides grants to small farmers to build businesses that strengthen the local, sustainable food economy.

We have been busy in Winnipeg, too. In the past year, we launched new food skills programs in the North End and are engaging the Inkster and Downtown neighbourhoods in community food assessments to identify community food priorities and implement practical solutions. The Dig In Challenge provided more than 400 families with food skills workshops and activities. We continue to support projects like Winnipeg Foodshare Co-op, Fruit Share, and Farm to Cafeteria that increase access to healthy foods in Winnipeg and beyond.







None of this important work would be possible without the generosity of our donors and funders or the dedication and hard work of our staff, partners, and board members. Food Matters Manitoba looks forward to further partnerships as our work towards healthy, sustainable and fair food for all continues to take root.

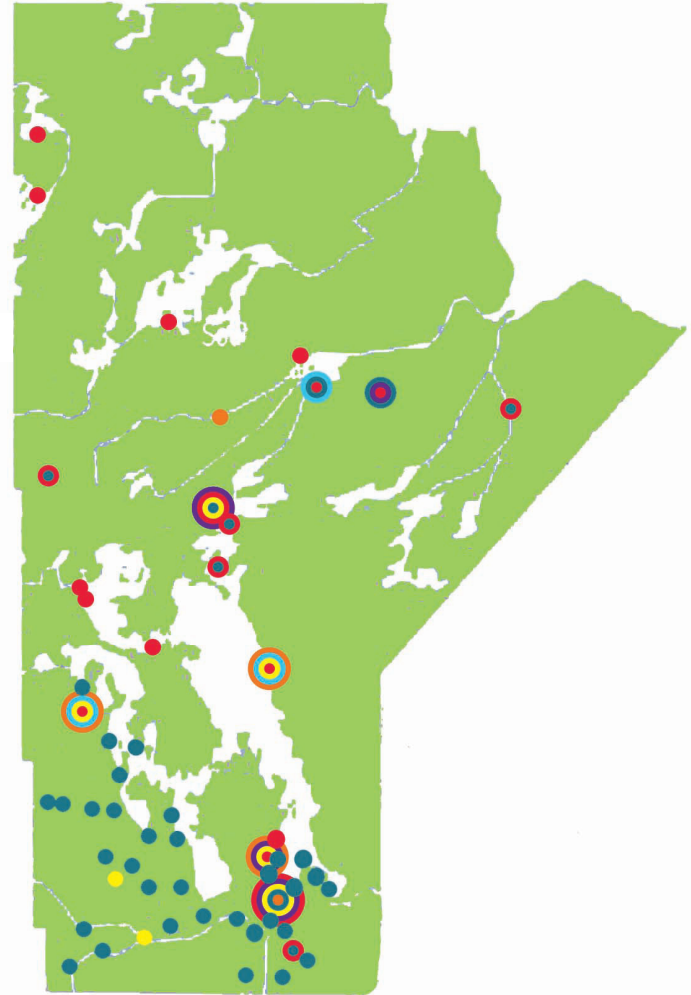
WHAT'S GROWING?

2012-2013 Food Matters Manitoba at work

WHAT WE DO

35+ Projects, 50+ Communities

-  Food Production
-  Food Traditions
-  Food Skills
-  Food in Schools
-  Events
-  Community Economic Development



1.



2.



3.



4.



5.



6.



PICTURED PROJECTS

1. NORTH END COMMUNITY OVEN
2. LOCALVORE
3. DIG IN MANITOBA
4. REVISIONING THE MANITOBA HARVEST
5. YOUTH GATHERING
6. CROSS LAKE COMPOST & CHICKEN CLASS



1.



2.



3.

“It brings us great joy and pleasure to feed our people ‘fruit’ from the labour of our hands. There were so many more we could’ve given to. I wish we could raise more! Hand some out and maybe sell to help out with the expenses.”

1. Lorna McIvor learning how to pluck and gut her chickens
2. Haley spending time with her grandpa’s chickens
3. A coop and pen constructed by a member of the Chicken Club

THE CROSS LAKE CHICKEN CLUB

Chickens help transform a community

Before chicks arrived in Cross Lake last summer, Thomas Scott had never seen a live chicken. By the end of the summer, he had raised, slaughtered, and processed his very own chicken flock. Tom wasn't the only one raising chickens in Cross Lake last summer. The Cross Lake Chicken Club was founded in 2012 as a collective of seven families, all of whom raised chickens for the first time.

Chicken Club members not only raised tasty chickens and eggs, they also spoke of many additional benefits as well. The chickens helped bring people together, and the chicken-raisers spoke of improved mental and physical health.

Some of the chickens were cared for by Andrea McIvor, a teacher at D.R. Hamilton School, who shared the experience with her class. From tending baby chicks, to cleaning

the coop, to learning how to slaughter and process birds in the fall, the students experienced all aspects of chicken raising. Andrea identified that the chicken project offered a unique hands-on learning experience for her students: "I do a lot of great things with the kids, or at least I try, but so far this chicken project has been the best."

The Club will be growing this summer as more families become interested in raising chickens. Andrea's new class of students will also participate. The seven families that raised chickens in Cross Lake last season are excited to mentor and share their knowledge with new raisers. From young to old, each member is helping to strengthen their community's food self-sufficiency.



Anthony Keeper receives his chicks.

WISDOM FROM THE GARDEN

Rural & Urban: Sharing knowledge and nurturing connections

The dewy grass on Food Ethos Farm squeaks underfoot and sunlight breaks over the horizon. Ashley is making the rounds through the farmyard chores – feeding the chickens and surveying the crops that she and Curtis have raised together. Through passion and patience they are building their dream of an ethically-minded farm that provides nourishing meats, eggs, and vegetables to the local farmers' market, builds community, and educates people about their food.

Patience and passion were also the keys to Rainbow Garden for Raymond and fellow newcomers from 26 countries around the world who have joined community gardens in their new country. Now they are again able to grow the lush healthy foods, like okra, that they had on their farms back home. Beyond providing healthy foods, the gardens have strengthened the community and enhanced their sense of self-worth.

Ashley, Curtis, and newcomer farmers like Raymond all share a passion for growing healthy foods and strong communities. That's why Food Matters Manitoba has worked with them to get the seeds, plants, and skills they need to help turn their dreams into a reality.

In January 2013, Ashley and Raymond gathered with 21 of our partners from small farms in rural Manitoba to northern First Nations communities, all supported by Revisioning the Manitoba Harvest and funded by Heifer International Canada. Once together, they began to share their stories, and with so much in common it did not take long before the room filled with laughter and discussion. As one farmer put it, the best parts were “talking to people who are excited about what they're doing, learning from participants, and building connections.”

With a new season underway, Raymond is working with Ashley and other farmers to figure out how they can grow more vegetables and raise chickens. Ashley continues to make her rounds, now also tending to new seedlings of okra that she received through her new connections.



1.



2.

“Cooperation from different people and sharing is an important part of this program and it helps me in my new Canadian life.”

1. Re-visioning Partners Gathering
2. Rainbow Community Garden
3. Raymond Ngarbouli engaged in discussion

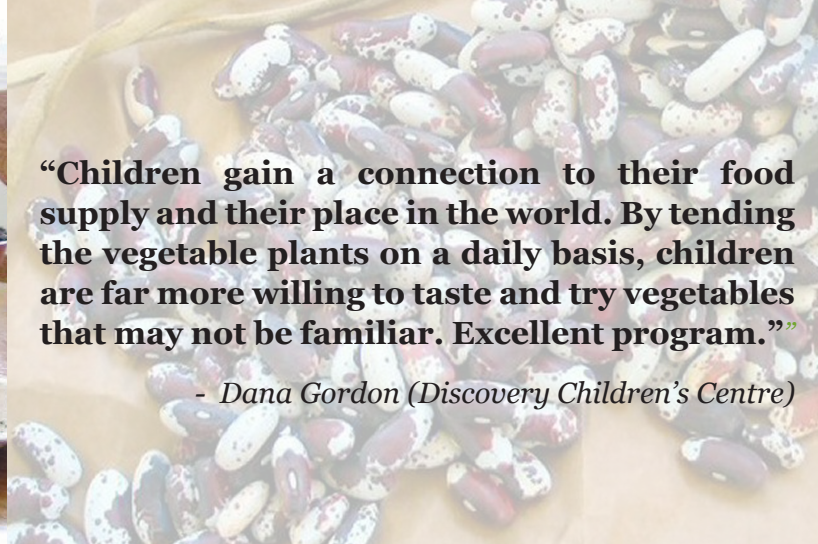


3.



“Children gain a connection to their food supply and their place in the world. By tending the vegetable plants on a daily basis, children are far more willing to taste and try vegetables that may not be familiar. Excellent program.””

- Dana Gordon (Discovery Children's Centre)



GARDEN KITS FOR KIDS

Helping student of all ages get their hands dirty learning

Students in 89 schools across Manitoba started their gardens a little early this year, through Food Matters Manitoba's School Gardening Kit program. With support from TD Friends of the Environment Foundation and Sage Garden Herbs, schools used their gardening kits – filled with herb and vegetable seeds, soil, a light bulb for indoor seed starting, and seed starting resources – to begin gardening clubs, plant school gardens, and provide teachable moments for their students.

“The kids get so excited to see their plants grow and love to care for and water their plants daily,” said Ashley from Champlain School in Winnipeg of her grade 3 / 4 students. “They have learned a sense of responsibility in caring for their plants.”

Many schools are incorporating plants and soil units as part of their curriculum, making gardening a unique and valuable way to engage the students in hands-on learning. Ranging from day cares to adult education centres, the students were also able to learn new food skills through gardening. For many students, this was the first time they had experienced gardening, but the experience of starting, caring for, and harvesting food has given them skills that will last a lifetime.

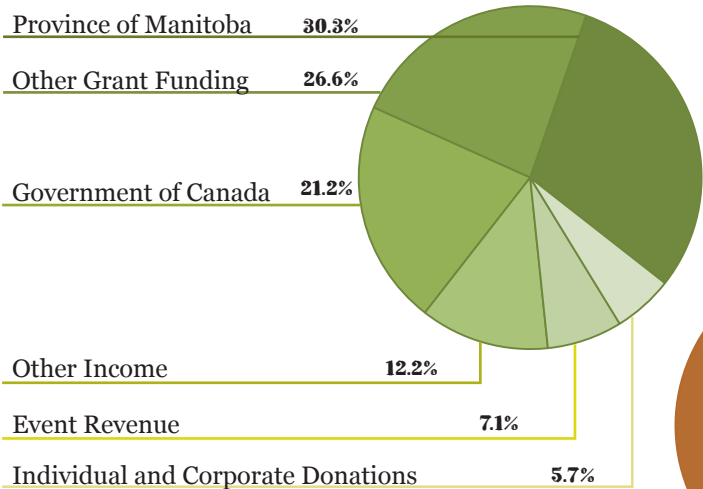
Schools were encouraged to share their harvest through Winnipeg Harvest's Grow-a-Row program. Food Matters Manitoba also connected schools with Urban Eatin' Gardeners Worker Coop for additional teacher training on gardening and seed starting. “Students have learned some hands-on, practical gardening skills,” said Craig of Stonybrook Middle School in Steinbach. “Grade 9 students planted the seeds and they are being cared for as we speak.”



STATS, FACTS, AND FIGURES

Income and Expenditure 2012-2013:

INCOME



28.5%

Northern Programs

15.5%

Administration

13.3%

Our Food Our Health Our Culture

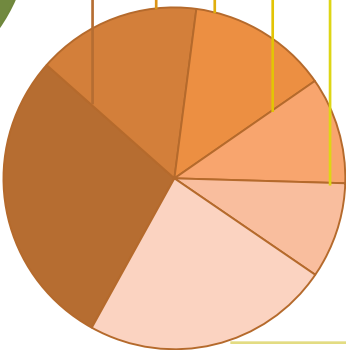
10.1%

Revisioning the Manitoba Harvest

9.1%

Events & Conferences

23.5% Other Programs



EXPENDITURE

FUNDERS AND DONORS

Thank you to our 2012-2013 funders and donors:

Harvesting sponsors: \$20,000+

- Anonymous Donor
- First Nations and Inuit Health Branch
- Heifer International Canada
- Human Resources and Skills Development Canada
- J.W. McConnell Family Foundation
- Manitoba Aboriginal and Northern Affairs
- Manitoba Healthy Living, Seniors and Consumer Affairs
- Province of Manitoba (Neighbourhoods Alive!)
- Public Health Agency of Canada
- YMCA/YWCA
- Winnipeg Foundation

Flowering sponsors: \$5,000+

- Assiniboine Credit Union
- Burpee Seeds
- Canadian CED Network
- Manitoba Alternative Food Research Alliance
- Manitoba Community Services Council/Manitoba Lotteries
- Manitoba Conservation
- Manitoba Hydro
- RBC Foundation
- StewardEdge Inc.

Sprouting Sponsors: \$2,000+

- Aboriginal and Northern Affairs- Heifer Joint Fund
- ACE Bakery
- Manitoba Cooperator
- Public Health Association of BC
- TD Friends of the Environment Foundation

Seed Sponsor: \$500+

- Lou Cogan
- Marvin and Evelyn Koop
- Pat Lachance
- RB Russell Vocational High School (Youth in Philanthropy)
- The North West Company
- Winnipeg Technical College

Consider giving a gift that grows; donate today!
Our Charitable Number is: 830978169RR0001

CHARITABLE DONORS

Thank you to our 2012-2013 donors:

Food Matters Manitoba is proud and thankful to have such an amazing group of donors who help us improve the access to food and general health of all Manitobans.

Best of all it's a group that keeps growing...

Feel free to join us and the work we do.

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- Elizabeth Woods
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- Farmers' Markets Association Of Manitoba
- Fern Bailes
- Fresh Option Organic Delivery
- Friends Of Gardens Manitoba
- Gail Denysuik
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- Green Please! Inc.
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- Hilary Oakman

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- Tracy Eng
- Virginia Johnston
- Vita Health
- Wendy MacLean
- Yvonne Taylor

Please see our websites for our abundant lists of in-kind partners.

MANITOBA FOOD CHARTER

2012-2013 New Organizational Signatories

The Manitoba Food Charter is a vision document of what a province with healthy, sustainable, and fair food could look like. Individuals and organizations that have signed the Charter have identified action steps they are taking towards achieving food security in Manitoba.

- Almost Urban Farm
- Boundary Creek Farms
- Immigrant Integration Farming Community Co-op
- Reseau communautaire
- Southern RHA Public Healthy Living
- Village of Notre-Dame-de-Lourdes

There are 74 organizational signatories in total.



Food Matters Manitoba is a registered charity
that engages Manitobans towards
HEALTHY, SUSTAINABLE AND FAIR
food for all.

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CRN: 830978169RR0001

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