



## **Building Vibrant Communities Final Report (File #5018224)**

First, we thank you for your understanding of the hurdles we faced in completing this project and for extending our deadlines.

### **In our project we hoped to:**

1. Expand our growing beds to increase production

Through creation of more beds, acquisition of a climate battery greenhouse and using our season-extending high tunnels, we have been able to roughly double our crop production. We continue to use eco-friendly gardening principles and methods. We were able to share between 15-20% of our crop production with low-income families.





## 2. Increase knowledge about food security related skills

We were able to hold eight workshops with topics varying from seaweed in the kitchen, composting propagation, transplanting and cooking simple healthy meals. Between six and ten people attended each session. We held four kitchen parties/meals with friends where information was shared on how to use the garden produce available at that time.



(Seaweed workshop)

## 3. Conduct food distribution pilot projects for low-income or isolated families

We were able to distribute a few meals to seniors who were isolated by location, low income, lack of transportation or disability. But we faced challenges in delivering produce to local foodbanks. Storage was an issue as well as lack of appeal of fresh produce for many foodbank users. This summer, we will be trying to supply more processed products (honey, soup ingredients, preserves, etc.) to foodbanks to better fulfill the needs of their customers.

We held four Meals with Friends – no cost events (donations optional) – which offered both company and information.



(Meals with Friends)

4. Research feasibility of a food box program

Both through literature searches and contacts with people running food box programs, we learned the challenges and benefits of a food box program. This summer we will be piloting a food box program whereby half of the participants will receive their food boxes without cost and half will pay. Through this pilot, we will be able to work through the practicalities and, if successful, expand our program the following year.

5. Create a food security coalition

A Food Forum was held April 20, 2023. The report of the Forum is attached. We hope to build on the success of that Forum by holding another this fall.

6. Work with the Municipality of Richmond County to form a Richmond County Food Bank system

For various reasons, not all related to the COVID pandemic, we were not successful in this endeavour. This is an ongoing goal.

7. Volunteers

We have a core group of ten volunteers in addition to our volunteer board. More people have expressed an interest now the weather is improving and the risk of respiratory

infections has decreased. Altogether, volunteers have contributed over 1,000 hours. Most of these hours have been contributed by seniors.



(Volunteers in the kitchen)

Further information can be found at:

Facebook: <https://www.facebook.com/groups/399370474024048/> Website: [www.richmondriverroots.ca](http://www.richmondriverroots.ca)

Our current events calendar is illustrated below.

**RICHMOND RIVER ROOTS**  
Market Garden Society

# WEEKLY CALENDAR

Our summer schedule begins May 30th , 2023  
For full schedule & Event Registration head to [richmondriverroots.ca](http://richmondriverroots.ca)

| SUNDAYS                                  | MONDAYS                                  | TUESDAYS   | WEDNESDAYS  | THURSDAYS   | FRIDAYS   | SATURDAYS                                |
|--|--|--|---|---|---|--|
| <b>Root Seller</b><br>Open<br>10am - 6pm | <b>Root Seller</b><br>Open<br>10am - 6pm | <b>Root Seller</b><br>Open<br>10am - 6pm   | <b>Root Seller</b><br>Open<br>10am - 6pm                              | <b>Root Seller</b><br>Open<br>10am - 6pm                        | <b>Root Seller</b><br>Open<br>10am - 6pm                                      | <b>Root Seller</b><br>Open<br>10am - 6pm |
|  |  | <b>FoodFun With...</b><br>2pm - 4pm<br>A surprise host each event!<br>*Every 2nd week* starting May 30th | <b>Afternoons at Café Rivière</b><br>Tea & Coffee served<br>2pm - 4pm | <b>Meals With Friends</b><br>11am - 1pm<br>Dine in or Take-away | <b>Adventures With Food</b><br>10am - 12pm<br>Explore flavors from the garden |  |