



**HEALTHIER COMMUNITIES COMMITTEE
NORTH CARIBOO**

Promoting healthy eating & local food security

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MINUTES

June 27, 2016

Longname Society Board Room 9:00 – 10:00am

**North Cariboo P4HC Empowering Family Health Project
Steering Committee**

Name	Organization
Lori Fogarty	FARMED; Growing North Cariboo Society
Colleen Gatenby	Quesnel Community Gardens
Sue Myles	Bouchie Lake Community
Cathy Juric	North Cariboo Aboriginal Family Program Society
Lynda Atkinson	Kersley Farmers Institute, GNC Society
Heloise Dixon Warren	Empowering Family Health Facilitator

In Attendance: Cathy Juric, Heloise Dixon-Warren, Sue Myles, Lori Fogarty, Colleen Gatenby,

Regrets: Lynda Atkinson, Robin Sharpe

1. Blogsite: Heloise continues to update the blogsite with the latest survey information. This will be an ongoing task as information comes in over time.

2. Workshops:

An opportunity to provide ground level workshops to a broad range of people. Discussion resulted in the following topics to be offered by February 2017:

- a) Wild Foraging – include own backyard and fruit trees not being picked. Possible instructor choices could be Doreen Patrick, Sharon Primeau or Melinda Fellows. Timeline of January – February 2017
- b) Food Preservation – Pressure Canning and Hot Water Bath. Possible instructor Sue Myles. Timeline of September 2016
- c) Berry Production – Possible instructors include Karen Kallet (Sweder Berries), Matt Zeimer (Heritage Acres), or Linda Giesbrecht (Haskap). Timeline – later fall
- d) Food Preservation – Dehydration – possible instructors Sue Myles or Erika Lions. Timeline September to October 2016

*Minutes recorded by Lori Fogarty
NC – P4HC Empowering Family Health Steering Committee
Distributed by email*

- e) Living off your backyard – Instructor: Colleen Gatenby. Timeline Later Fall.

Possible workshops in future years include “Setting up for a Farmer’s Market” and “Living off your Backyard Series 2”.

- 3. Workshop Instructors:** Instructors would be expected to develop and outline including the following expectations:
 - a) Outline / lesson plan
 - b) Capable and confident
 - c) Knowledge of material
 - d) Competent speaker
 - e) Presentation of materials i.e. power point or interactive materials.

- 4. NEXT MEETING:** Monday, July 25, 2016 from 9-10 am at Longname Society Boardroom.