2018 FOOD SYSTEM PROJECT
WORKSHOP SUMMARY
July 19, 2018

Backgrounder

Overview
The UBC Food System Project (UBCFSP) is a collaborative, cross-campus initiative that brings together staff, faculty, students, and community partners to advance UBC's food sustainability initiatives. It was initiated jointly by the UBC SEEDS Program and the UBC Faculty of Land and Food Systems. Since 2001, the project has engaged over 1,900 students, campus food representatives and faculty members in 250 projects across 30 courses to enhance the sustainability of the campus food system.

The UBCFSP works collectively with core campus food system representatives to assess the sustainability of the system and to respond to barriers and opportunities while transitioning toward food system sustainability.

Food Action Framework
The Food Action Framework (FAF) was developed by the UBCFSP Committee in 2012 as a way to organize and prioritize actions to advance the sustainability of UBC's food system. The document is updated at the UBCFSP annual workshop, and contains nine categories:

- Production – garden and farms
- Procurement
- Preparation
- Waste Management and Packaging
- Education, Marketing, and Promotion
- Guidelines, Policy and Best Practices
- Community and Wellbeing
- Food Security and Access
- Food Trucks

Objectives of the 2018 Workshop

- To convene campus food system stakeholders and provide a platform for collaboration
- To share updates on progress on UBC Food System Project and partner priorities
- To review the Food Action Framework[1] and identify successes, challenges, and emerging priorities
- To identify priorities and collaborative projects for the next year

Attendance

Stakeholder groups that participated in the 2018 Food System Project Workshop include:

- Agronomy Garden
- Alma Mater Society of UBC Vancouver
    - AMS Catering
    - AMS Services – Food Bank
    - AMS Sustainability
- Campus and Community Planning
    - Sustainability and Engineering
    - Community Development
- Centre for Sustainable Food Systems at the UBC Farm
- Faculty of Land and Food Systems
- Roots on the Roof
- Sprouts
- Student Housing and Hospitality Services
    - UBC Food Services
- UBC Botanical Garden
- UBC Wellbeing
- University Neighbourhood Association

Overview of Workshop Activities

Attendees were asked to take part in three workshop activities. Each workshop activity built upon the last one in order to tease out commonly identified priorities and collaborative projects for the next year. Below is an overview of the activity processes.

Activity 1: Campus Food System Successes, Challenges and Stakeholder Priorities

Format: Think, Pair, Share

Process: Attendees were asked to individually reflect silently and write down on colour-coded post-it notes, their 1) unit's success over the past year, 2) emerging priorities for the coming year, and 3) biggest challenges. Each of these questions were assigned a specific colour, and each unique idea was recorded on a new post-it note. Participants were then given the opportunity to discuss this with a partner for several minutes, make updates and add to their existing notes after an exchange of ideas.

Activity 2: Campus Food System Priorities

Format: Dotmocracy Exercise

Process: Participants were asked to take their post-it notes and map it to the most the appropriate categories on blown-up print outs of the *Food Action Framework*. Those that did not fit into existing categories were added to the *New Priorities* flipchart. At the beginning of the workshop, participants were given 5 dot-stickers. They were now asked to use those 5 dots to vote for their *top priority areas*, the prompt given was to consider ideas that they think are the most important to make progress on for the coming year.

Activity 3: Strategic Planning 2018-2019

Format: Roundtable Discussion

Process: Based on priority areas identified, participants were asked to select top 2 priority areas and participate in associated roundtables. Groups at each roundtable were provided with the following guiding questions:

a. How can your department support the action area?
b. What are some knowledge gaps that pose as obstacles? What do we need to act on it (research or otherwise)?
c. Who else needs to be involved?

At the end of each discussion, participants were asked to document any desired projects and other collaborative types of actions for the coming year. They spent 30 minutes on the first priority area, 20 minutes on the next, and 10 minutes to report back.

Workshop Outcomes: Priority Areas & Potential Projects

Below is a summary of priority areas, including key discussion points and opportunities identifies—these areas are **not** in order of priority.

Priority Area 1: Plant-based Food and Climate Action

KEY POINTS RAISED DURING DISCUSSION:

- Need to increase the creation and uptake of tasty protein rich plant-based food offerings.
- Desire to investigate the sustainability of plant-forward meals, especially from climate and water perspectives. Importance was stressed on the need to ensure that plant-based foods do not come at the expense of climate action and water conservation (key examples: soy, almond and quinoa).
- Desire to mitigate food emissions in snacks and condiment categories by exploring ways to make more products in house and shipping more products in bulk (ex. soy sauce and ketchup).
- UBC Food Services explored different ways to set targets for these offerings, such as having plants and plant-based protein be the focus of the plate as opposed to meat products.
- Desire to develop outward communication with the aim to change public mindset on a need to eat meat with every meal. As part of this, a need to ensure that individuals feel connected to the movement was noted.

POTENTIAL PROJECTS AND ACTIONS INCLUDE:

- Communications strategy and story telling for plant-forward food, internal and outward focused.
- Communicate the value-added to the food (e.g. health benefits, local sourcing of the food).
- Plant-forward meal development guidelines (including ensuring high vegan and vegetarian protein meals and snacks).
- Research study on high quality plant-based proteins and protein alternatives that meet nutritional targets.
- Development of healthy and sustainable snacks:
    - Pilot food dehydrators for in-house snacks.
    - Pilot development of in-house condiments.
- Opportunities for food preservation initiatives to support food recovery.
- Increase local and culturally relevant menu items.
- Study environmental impacts of UBC offered plant-based foods particularly from climate and water perspectives (i.e. almond, soy, quinoa).

Priority Area 2: Food Waste, Contamination, Packaging, and Single-Use Items Reduction

Food Waste & Contamination:

KEY POINTS RAISED DURING DISCUSSION:

- Contamination of food scrap stream with plastics and other items and the sorting of food scraps in student residences is an area of ongoing work. Sustainability and Engineering is collaborating with SHHS on the latter but faces limitations on capacity for coordination.
- There is consensus on the need for increased education on waste sorting on the consumer-end as well as back of house. Potential solutions include increased recruitment of sorting station volunteers, back-of-house training and incentive programs, and embedment in staff training.
- Need expressed to figure out successful back-end waste metrics.
- Desire to see chef-driven education programs to teach ways to reduce food waste by maximizing creativity.
- There is a desire to explore mechanisms for campus food waste upcycling, some concerns raised regarding need to mitigate liabilities.

POTENTIAL PROJECTS AND ACTION INCLUDE:

- Zero-Waste Squad to host "train the trainer" with clubs.
- Increased education: volunteers, training and incentive programs for back-of-house, embed in staff training.
- Agronomy Garden and Roots on the Roof to identify major inputs and outputs of waste to maximize efficient composting. Develop coordinated approach for compost crew to collect waste from gardens.
- Explore tech-drive solutions to waste-sorting.
- Develop a zero-waste stakeholder map to allow easy understanding of project leads.
- Chef-driven education programs to teach users how to maximize creativity and reduce waste.
- As an intersection with increasing food skills in student residences: tutorial on how to use all parts of the plants to reduce user end food waste.

Single-Use Plastics & Packaging Reduction:

KEY POINTS RAISED DURING DISCUSSION:

- A Zero Waste Foodware Strategy is being spearheaded by the Sustainability and Engineering Department in Campus and Community Planning.
    - An update on the progress was provided, where it was launched with an initial stakeholder consultation, primarily with food services business representatives.
    - UBC Food Services is leading the way on change this summer, and AMS is also working on changes.
    - The aim is to have the Strategy formalized into some sort of policy within 2018. This will be developed over the coming weeks/months, and the draft policy will be sent out for comment.
- A need was expressed for purchasing to increase pressure on suppliers to reduce packaging in scale buying.

POTENTIAL PROJECTS AND ACTION INCLUDE:

- Eco2Go & MugShare: choosing non-plastic containers and comparing lifecycle costs.
- Explore satisfactory and environmentally friendly alternatives to replace plastic cutlery, potential to expand Eco2GO model to utensils.
- Examine alternatives to plastic straws through an anthropological lens on ableism.
- Explore plastics reduction strategies for Catering given diverse event demands.
- Making condiments in-house as opposed to purchasing (ex. Sriracha, ketchup, mustard, mayo).
- Explore innovative food packaging/service ware (ex. serving food in its own shell).
- Baseline and audit food waste in disposal of expired packaged/unopened food.

- Full campus audit on waste and packaging for food merchandise in terms of GHG emissions, amount of waste produced by a life-cycle assessment (LCA) of products.
- Reduce packaging waste generated from procurement.

Priority Area 3: Food Knowledge and Food Skills

KEY POINTS RAISED DURING DISCUSSION:

- A need to educate students on their food knowledge and food skills, for example, how can one use the whole part of a vegetable to reduce waste, through kitchen cart workshops.
- A need to improve partnerships on campus between gardens and producers, food skill professionals, and student residences, and the AMS Foodbank to jointly develop food skills.
- Challenges identified regarding increasing involvement and attract a more diverse audience for campus gardens, of introducing new audiences to food skills by building on the social and community aspect of gardens as found by a past SEEDS project, and disseminating knowledge on diverse and culturally appropriate food skills.

POTENTIAL PROJECTS AND ACTION INCLUDE:

- Explore ways to increase accessibility to kitchen spaces and facilitation of food skills on campus.
- Explore ways to increase interest and engagement of food skills amongst those who are new to food skills, a potential pathway is making the social/community connection aspect of gardens a bigger priority to draw in visitors.
- Develop food skills workshops that are culturally diverse and myth-bust the cost of food, both in person and through digital media.
- Explore ways to reframe food skills workshops to increase focus on the social and community building functions they can serve and evaluate if this has an impact on increasing participant numbers and diversity.
- Develop simple videos and blogs to teach easy food prep skills.
- Develop workshop feedback and evaluation metrics.

Priority Area 4: Food Insecurity

KEY POINTS RAISED DURING DISCUSSION:

- Key findings from recently completed SEEDS studies with the AMS Foodbank were shared. Findings included demographics, needs and patterns of foodbank visitors, and recommendations to improve services and target communications.
- Overall, it was noted that UBC still lacked a comprehensive understanding of what food insecurity looks like on campus.
- The AMS foodbank acknowledged challenges to retaining donation partners due to its inability to offer tax credits.
- A key messaging on food insecurity is to show that the community helps itself, and communicating that anyone can contribute to alleviating food insecurity on campus through low-barrier fundraiser events.

POTENTIAL PROJECTS AND ACTION INCLUDE:

- Explore ways to create a campus food hub (more open access, fresh produce, opportunities for students to learn recipes, including dashboard where users could input ingredients and generate recipe content).
- Affordable food fundraisers that are low-barrier for the UBC community to partake in.
- Examine other mechanisms to generate revenue streams for the AMS Foodbank.
    - Explore mechanisms to allow students to donate left over meal plan dollars.
- Develop healthy and affordable produce recipes based on frequent offerings in the foodbank.
- Baseline study of food insecurity at UBC (joint Sustainability Scholars & SEEDS project).
    - Understand: what does affordability look like?
- Better understand and support cultural dimensions to student groceries.

Priority Area 5: Healthy Beverages and Water

KEY POINTS RAISED DURING DISCUSSION:

- Much emphasis was shared regarding the importance to support the Water Action Plan and the Healthy Beverage Initiative.
- Need to educate and share knowledge to UBC community members about the health effects of chronic sugar-sweetened beverage (SSB) consumption and excessive sugar intake.
- Desire to understand the optimal way to encourage healthy beverage choices and enact behavioural change.
- Concern was shared about individuals' media literacy capacity and ability to critically evaluate sugar-sweetened beverage ads.

POTENTIAL PROJECTS AND ACTION INCLUDE:

- Installation of improved drinking water infrastructure strategic locations indoors and outdoors and improvement of signage.
- Promotional campaign to encourage tap water consumption and a healthy beverage campaign.
- Pilot and study on the financial, health, and behavioural effects of reducing SSB in student residences.
- Explore ways to increase the visibility of the HBI campaign and increase partnerships with on campus partners.
- Develop media literacy workshops to help community members identify unhealthy food and beverages.
- Explore ways to expand the HBI initiative and encourage other post-secondary institutions to adopt.

Priority Area 6: Biodiversity and Resilient Food Production

KEY POINTS RAISED DURING DISCUSSION:

- Desire to explore and pursue mechanisms to increase broader support for campus biodiversity.
- A need to better understand biodiversity overall on campus as it relates to teaching, research, businesses, institutional reputation, and academic plans.
- Need to comprehensively explore how we can better support biodiversity on campus in our landscape practices, buildings, natural areas, open green spaces and gardens.
- Key ideas discussed included cultivating a strong collective voice and actions to better articulate and support the need for protecting and enhancing campus biodiversity. Ways to do this include:
    - A collective statement of support/empowering students to take action similar to recent student driven work on climate.
    - A business case for biodiversity with a focus on articulating the importance of biodiversity on university reputation, enrollment, recruitment, wellbeing, resilience, carbon sequestration, ecosystem services
    - A clearly articulated case in updating process for the UBC Farm Academic Plan.

POTENTIAL PROJECTS AND ACTION INCLUDE:

- Baseline the value of campus natural assets, including ecosystem service and factors such as university reputation, enrollment, wellbeing, faculty and staff recruitment, carbon sequestration.
- Build business cases for natural assets in the Botanical Garden, UBC Farm agri-forests and broader campus.
- Review and report on UBC's "Green Brand" similar to City of Vancouver and the Vancouver Economic Commission's work.
- Explore ways to increase culturally appropriate, diverse and accessible community gardens (universal signage, intergenerational programming, planting), and to obtain broader input from residents on the gardens' future development.
    - Riley Park was noted as a best practice.
- Explore ways to encourage more communal gardens versus individual plots given increasing space constraints and challenges shared regarding long resident wait lists for community gardens.

- UBC CSFS: Creating socio-ecological research station, updating Forest Academic Plans and UBC Farm Academic Plans.
- UNA: expand community gardens and build partnerships to other campus gardens.
- Continue to map biodiversity campus assets as part of baselining for the campus.

What else we heard from Stakeholders

After the workshop, a survey was circulated to gather input on how to improve the workshop and maximize the impact. In addition to specific recommendations on how to improve the workshop, which will help inform future workshop planning, this is what we heard:

- **UBC Food System Project Committee wants to formalize with Terms of Reference**: all respondents (except one unsure) indicated wanting to formalize the committee with a ToR that outlines vision, mandate, timeline, and clarified process for collaboration. SEEDS will draft a proposed Terms of Reference and circulate.
- **More regular committee meetings:** All respondents would like the UBC FSP to meet more regularly, whether bi-annually or quarterly. SEEDS will organize a follow-up meeting for early winter

Next Steps

- The SEEDS team will continue to meet with Food System Project Committee stakeholders to plan applied research projects for 2018-2019, and follow up on other workshop outcomes.
- Reach out to David Gill (david.gill@ubc.ca) with any project ideas for 2018-2019 academic year; projects and ideas not identified above are also welcome.
- For additional resources and more information about the workshop, see extended workshop summary on the SEEDS website.

Food System Project Workshop Attendees:

Research and Project Planning

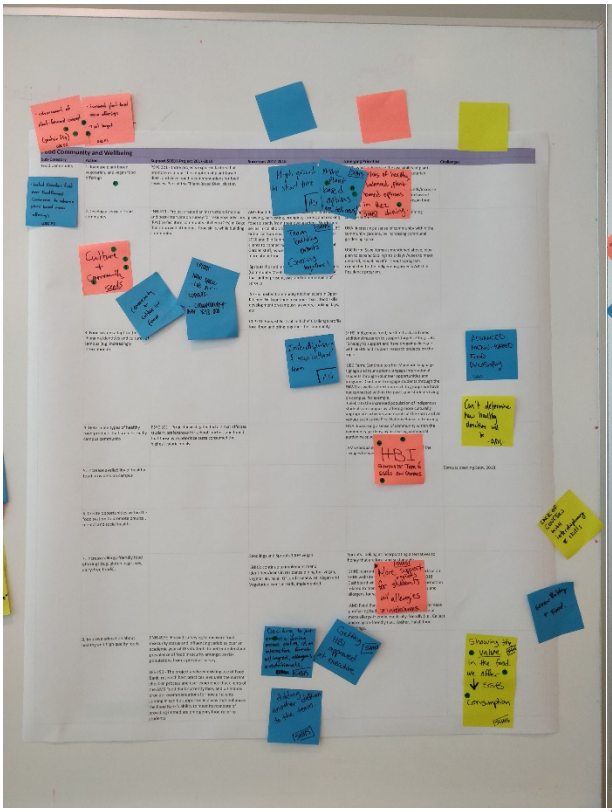
- Please review the workshop summary notes and propose any revisions or additions if applicable
- Please reach out to David Gill (david.gill@ubc.ca) with any project ideas for 2018-2019 academic year. Projects and ideas not identified above are welcomed.

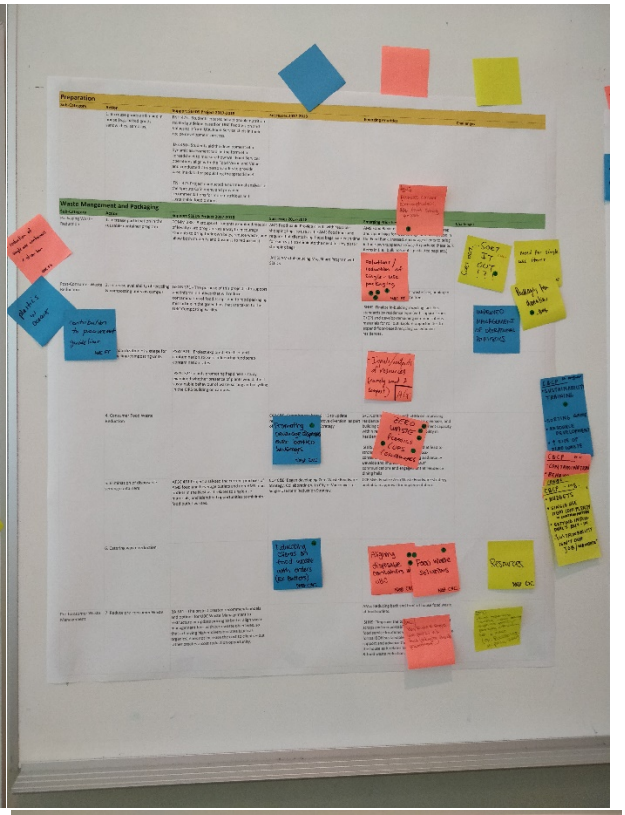
More information and Resources

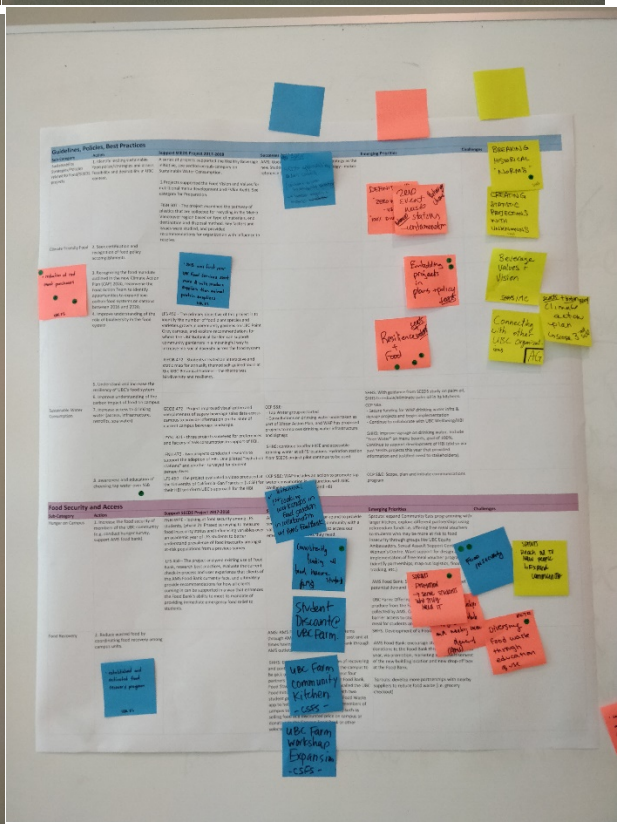
- Food Asset Map
    - Food Asset: a food asset is a resource, facility, program, place, knowledge hub or service that supports a food system (from field to fork to compost) and may provide people the opportunity to learn about, grow, access, cook, eat, share or dispose of healthy and culturally important food. Food assets should be integrated to build community and enhance the environmental, economic, social and nutritional wellbeing of the UBC Vancouver campus.
    - The UBC Food Asset Map is part of the project, "Mapping UBC Food Assets," sponsored by UBC Wellbeing as part of the Sustainability Scholars program. This project was completed by graduate student Wendee Lang under the direction of Dr. Tara Moreau and in collaboration with SEEDS and the UBC Food System Project. The final project report will be made available in September 2018.

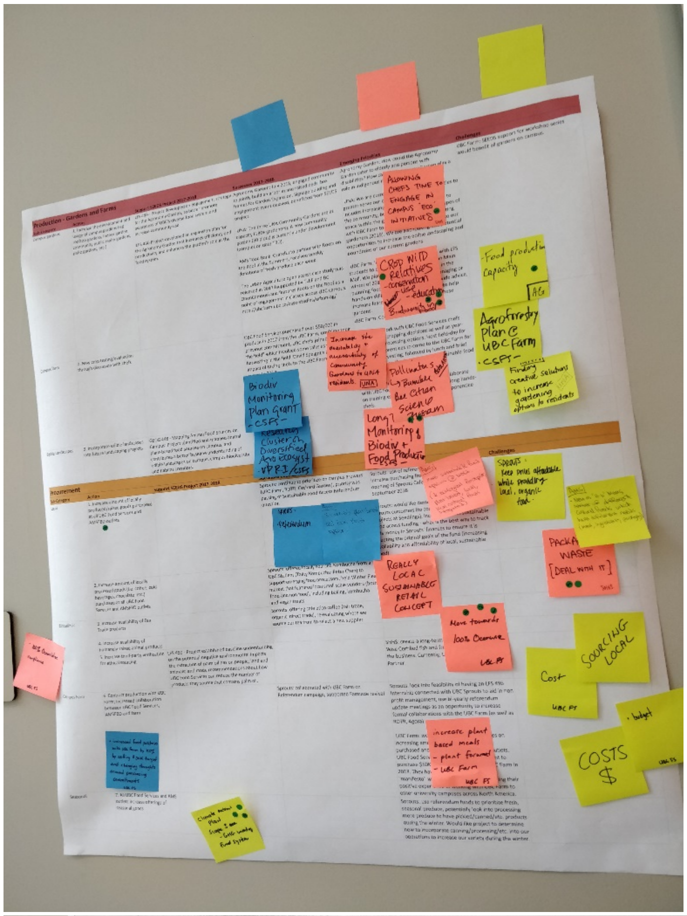
- City of Vancouver Single-Use Item Reduction Strategy, May 2018
    - Key points to note is the ban placed on the distribution of polystyrene foam cups and containers; Restrictions on disposable cups and plastic shopping bags. This follows a commitment for complete elimination of solid waste by 2040.
    - Examples from other municipalities and communities:
        - Victoria: Ban in single-use materials start with straws and foam cups
        - Deep Cove: eliminated plastic straws
- Meal Exchange Hunger Report Toolkit: find out more here
- Government of Canada: Poverty Reduction Strategy
- Government of British Columbia: Poverty Reduction Strategy – Legislation changes in fall 2018, strategy to follow.
- Kwantlen Polytechnic University, Institute for Sustainable Food Systems – B.C. Food System Policy Database

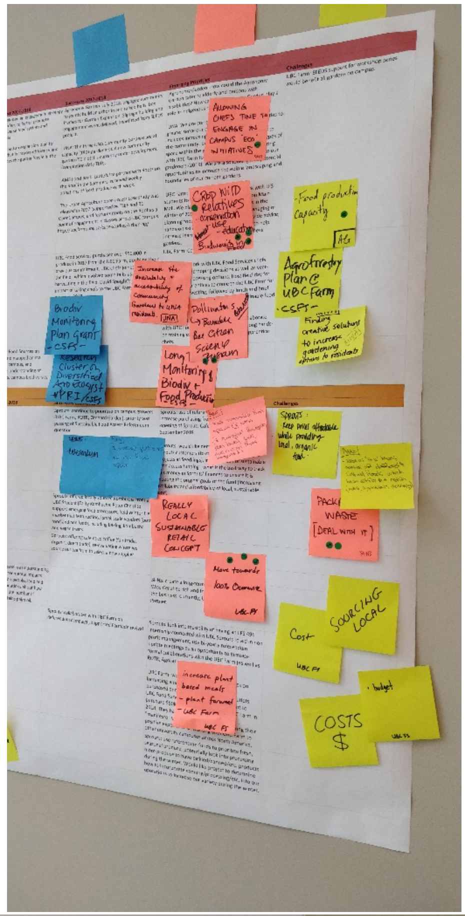
Appendix 1: Food Action Framework – Mapped Post-Its








Food production capacity
Agroforestry Plan @ UBC Farm
-CSFS-
Biodiv Monitoring Plan Grant
-CSFS-
REALLY LOCAL SUSTAINABLE RETAIL CONCEPT
PACKA WASTE [DEAL WITH IT]
SOURCING LOCAL
Cost
COSTS $


Food production capacity
Agroforestry Plan @ UBC Farm
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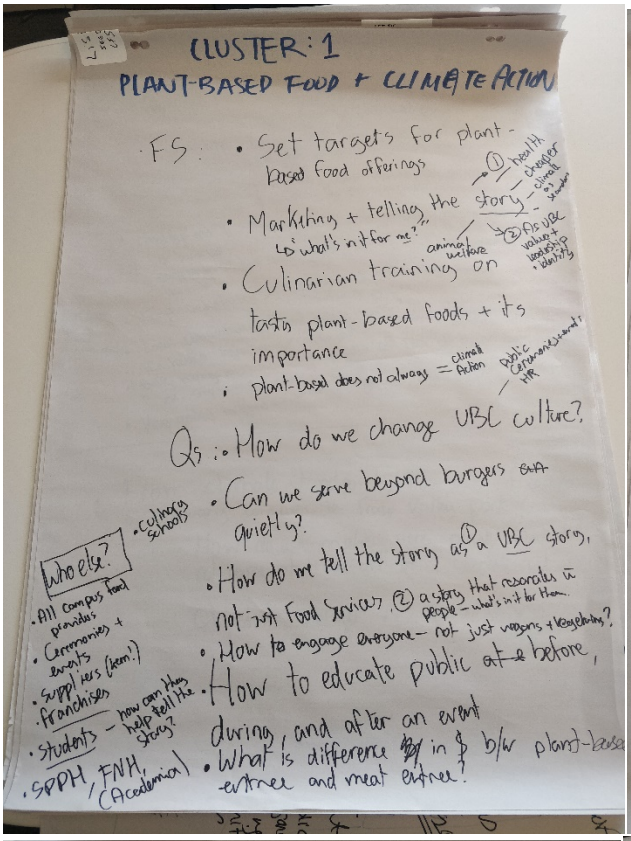
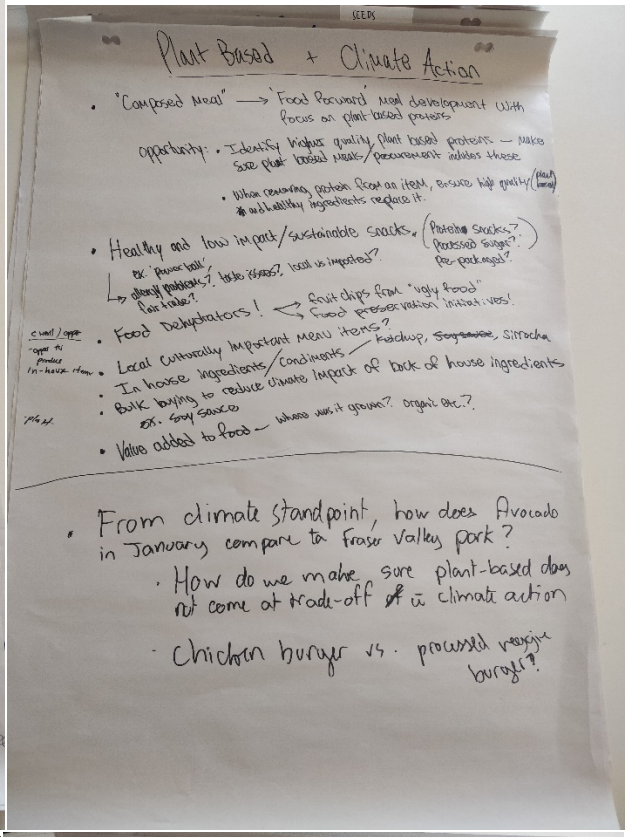
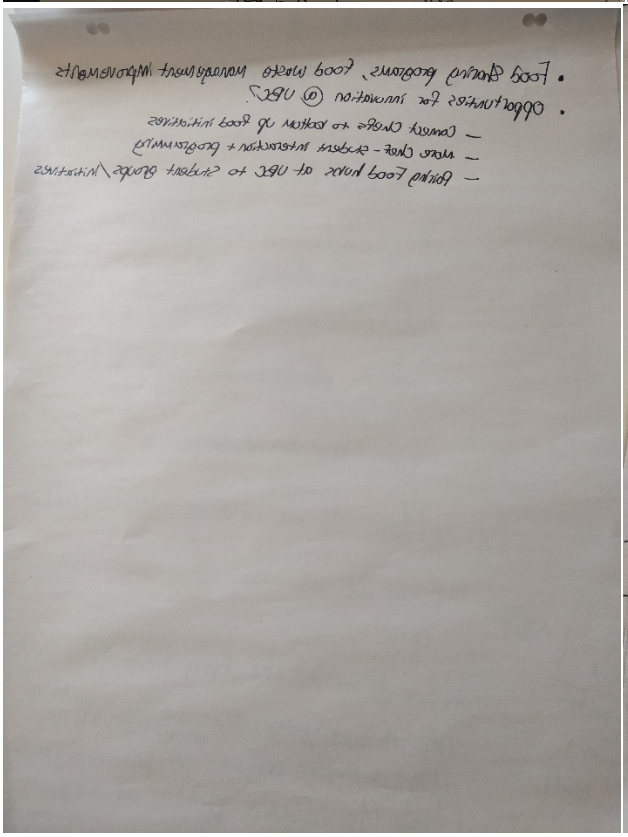
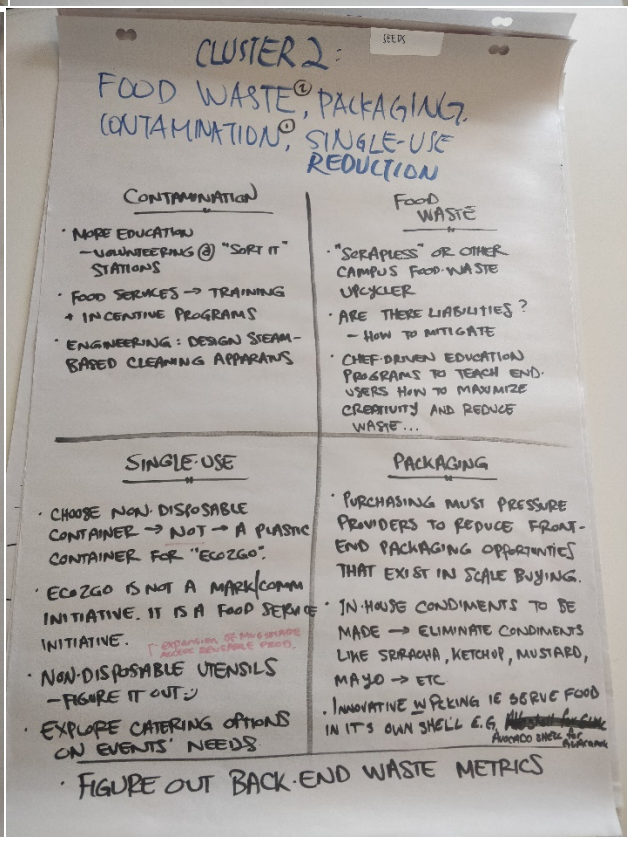
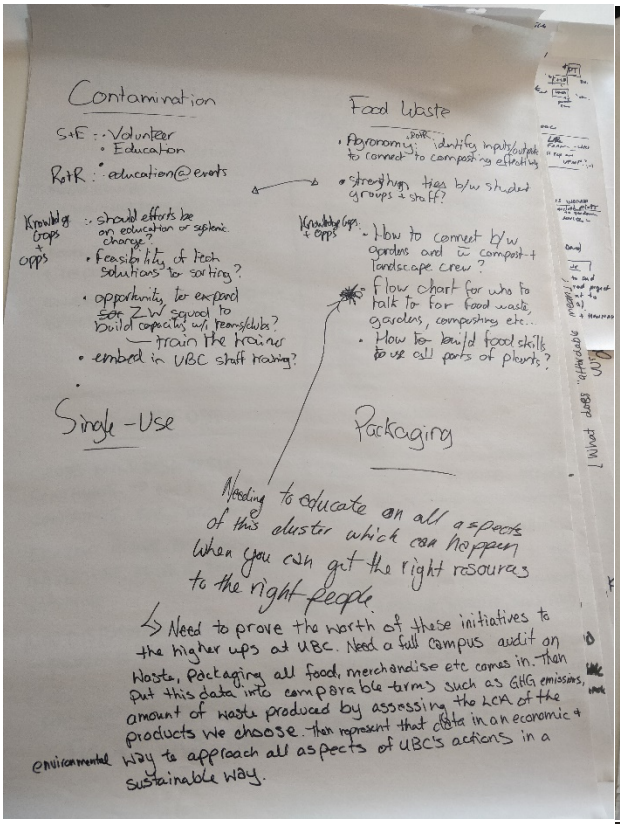
Appendix 2: Priority Action Areas

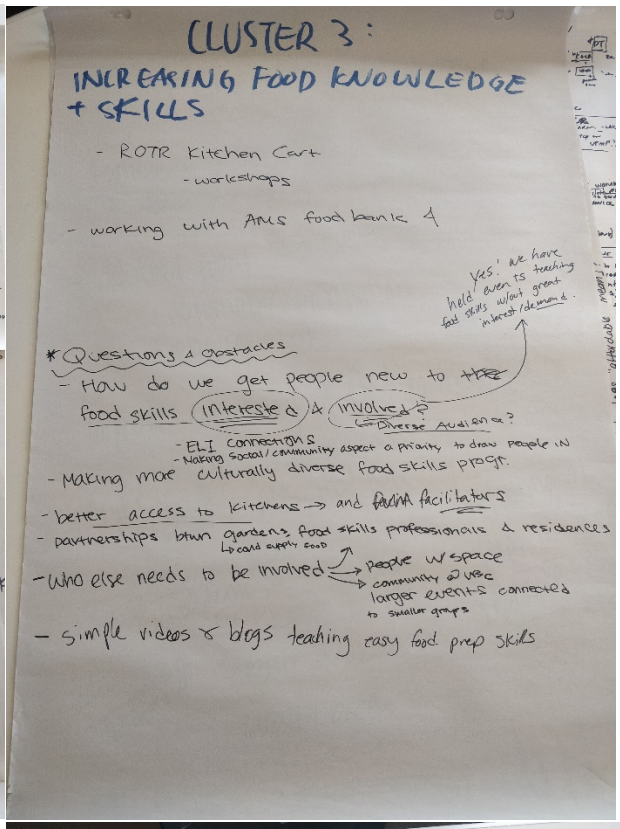


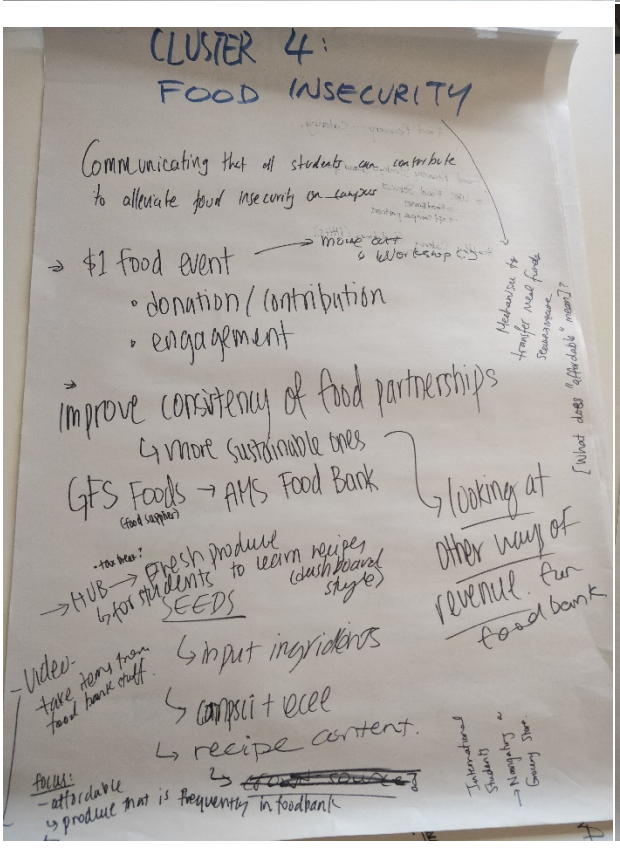


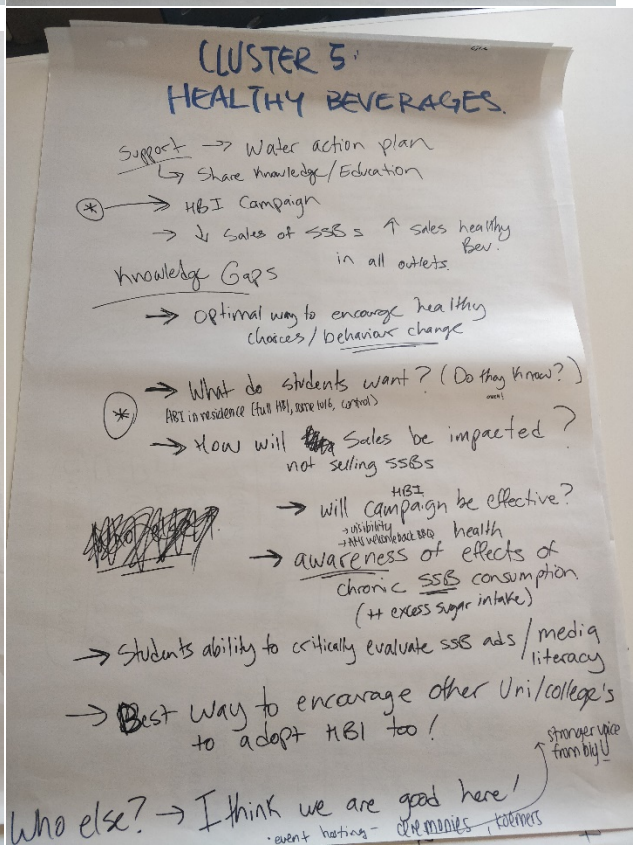


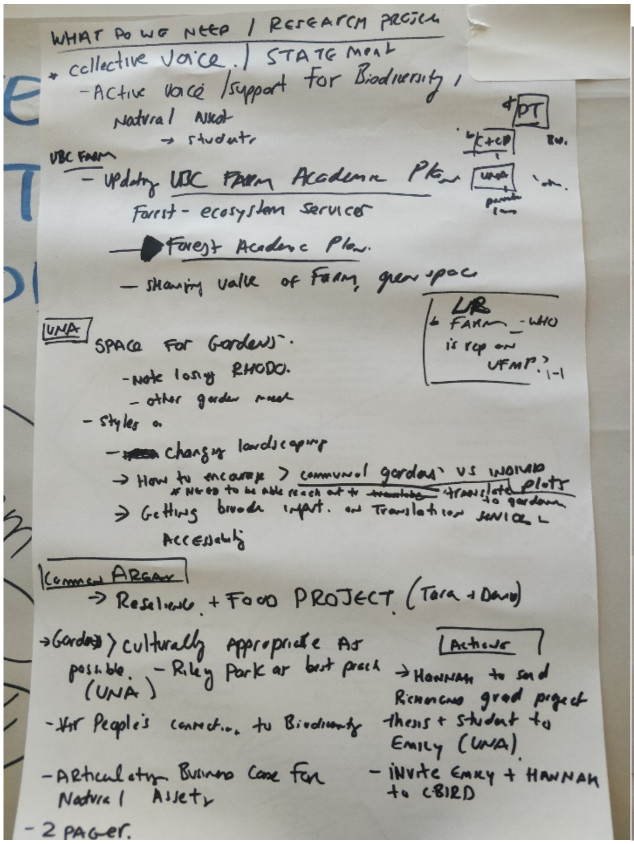


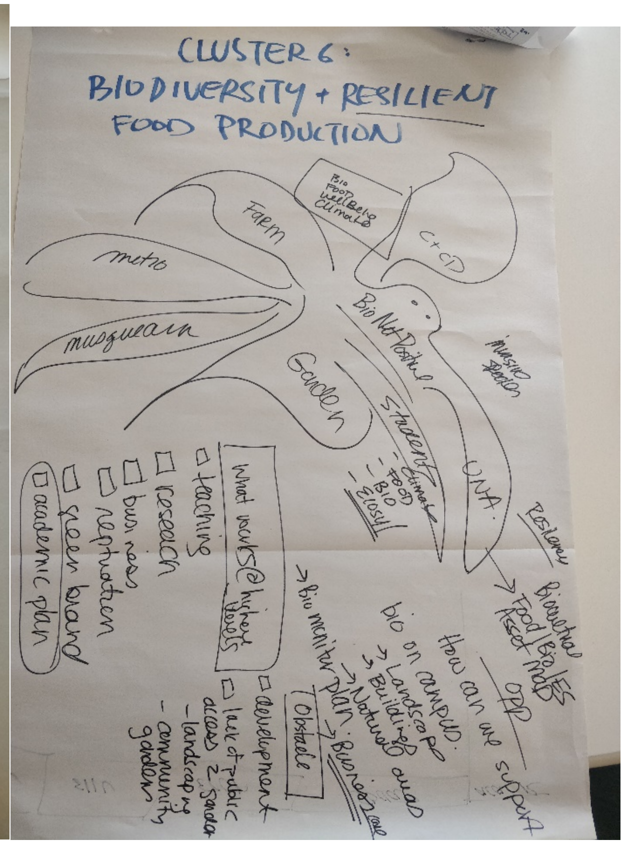

Contamination
S+E: Volunteer
Education
RotR: education@events
Knowledge Gaps + Opps
should efforts be on education or systemic change?
Feasibility of tech solutions to sorting?
opportunity to expand Eco Zone squad to build capacity w/ peers/clubs? — train the trainer
embed in UBC staff training?
Food Waste
Agronomy: identify inputs/outputs to connect to composting efficiently
strengthen ties b/w student groups + staff?
Knowledge Gaps + Opps
How to connect b/w gardens and w/ compost + landscape crew?
Flow chart for who to talk to for food waste, gardens, composting etc..
How to build food skills to use all parts of plants?
Single-Use
Packaging
Needing to educate on all aspects of this cluster which can happen when you can get the right resources to the right people
Need to prove the worth of these initiatives to the higher ups at UBC. Need a full campus audit on Waste, Packaging all food, merchandise etc comes in. Then put this data into comparable terms such as GHG emissions, amount of waste produced by assessing the LCA of the products we choose. Then represent that data in an economic + environmental way to approach all aspects of UBC's actions in a sustainable way.


CLUSTER 3:
INCREASING FOOD KNOWLEDGE + SKILLS
- ROTR Kitchen Cart
- workshops
- working with AMS food bank 4
Yes! we have held events teaching food skills w/ great interest/demand
*Questions + obstacles
- How do we get people new to these food skills interested & involved?
Diverse Audiences?
- ELI connections
- Making social/community aspect a priority to draw people in
- Making more culturally diverse food skills progr.
- better access to kitchens → and AMS facilitators
- partnerships btwn gardens, food skills professionals & residences
card supply food
- Who else needs to be involved → people w/ space, community @ UBC, larger events connected to smaller groups
- simple videos & blogs teaching easy food prep skills


CLUSTER 4:
FOOD INSECURITY
Communicating that all students can contribute to alleviate food insecurity on campus
$1 food event → move cart & Workshop etc
donation/contribution
engagement
Improve consistency of food partnerships
more sustainable ones
GFS Foods → AMS Food Bank
(Food suppliers)
HUB → for students to learn recipes (dashboard style)
Fresh produce
SEEDS
input ingredients
compost + eCEL
recipe content
Looking at other ways of revenue for food bank
Order take items from food bank stuff
Focus: affordable produce that is frequently in foodbank
Mechanism to transfer meal funds
Partnerships
[What does "affordable" mean?]
International Students
Navigating Grocery Store


CLUSTER 5:
HEALTHY BEVERAGES
Support → Water action plan
Share knowledge/Education
HBI Campaign
↓ Sales of SSBs ↑ Sales healthy Bev. in all outlets
Knowledge Gaps
Optimal way to encourage healthy choices/behaviour change
What do students want? (Do they know?)
ABI in residence (Fun HBI, store info, control)
How will Sales be impacted? not selling SSBs
HBI
Will Campaign be effective?
visibility
AMS involvement
awareness of effects of chronic SSB consumption (↑↑ excess sugar intake)
health
Students ability to critically evaluate SSB ads/media literacy
Best way to encourage other Uni/college's to adopt HBI too!
Who else? → I think we are good here!
stronger voice from big U
event hosting
Commodities, Partners


WHAT DO WE NEED / RESEARCH PROJECT
collective voice / STATEMENT
- Active voice / support for Biodiversity / Natural Asset
→ students
UBC FARM
- Updating UBC FARM Academic Plan
Forest - ecosystem services
Forest Academic Plan
- showing value of Farm, green space
UNA
SPACE for Gardens
- not losing RHODO.
- other garden
- styles
- changing landscaping
→ How to encourage → communal gardens vs individual plots
→ Getting broader input. and Translation service + Accessibility
Common AREAS
→ Resilience + FOOD PROJECT (Tara + David)
→ Gardens → culturally appropriate as possible. - Riley Park as best practice (UNA)
- People's connection to Biodiversity
- Articulating Business Case for Natural Assets
- 2 PAGER.
Actions
→ HANNAH to send Richmond grad project thesis + student to EMILY (UNA)
- INVITE EMILY + HANNAH to CBIRD


CLUSTER 6:
BIODIVERSITY + RESILIENT FOOD PRODUCTION
Farm
metro
musqueam
C+CD
UNA
Garden
students
invasive species
What works @ higher levels
teaching
research
business
reputation
green brand
academic plan
development
Obstacle
bio on campus
→ Landscape
→ Buildings
→ Natural areas
How can we support
Resilience