



Food Costs and Climate Change Impact Stories  
Developed by: The BCCDC Food Security Team



BC Centre for Disease Control



# Introductions

# Menti Instructions



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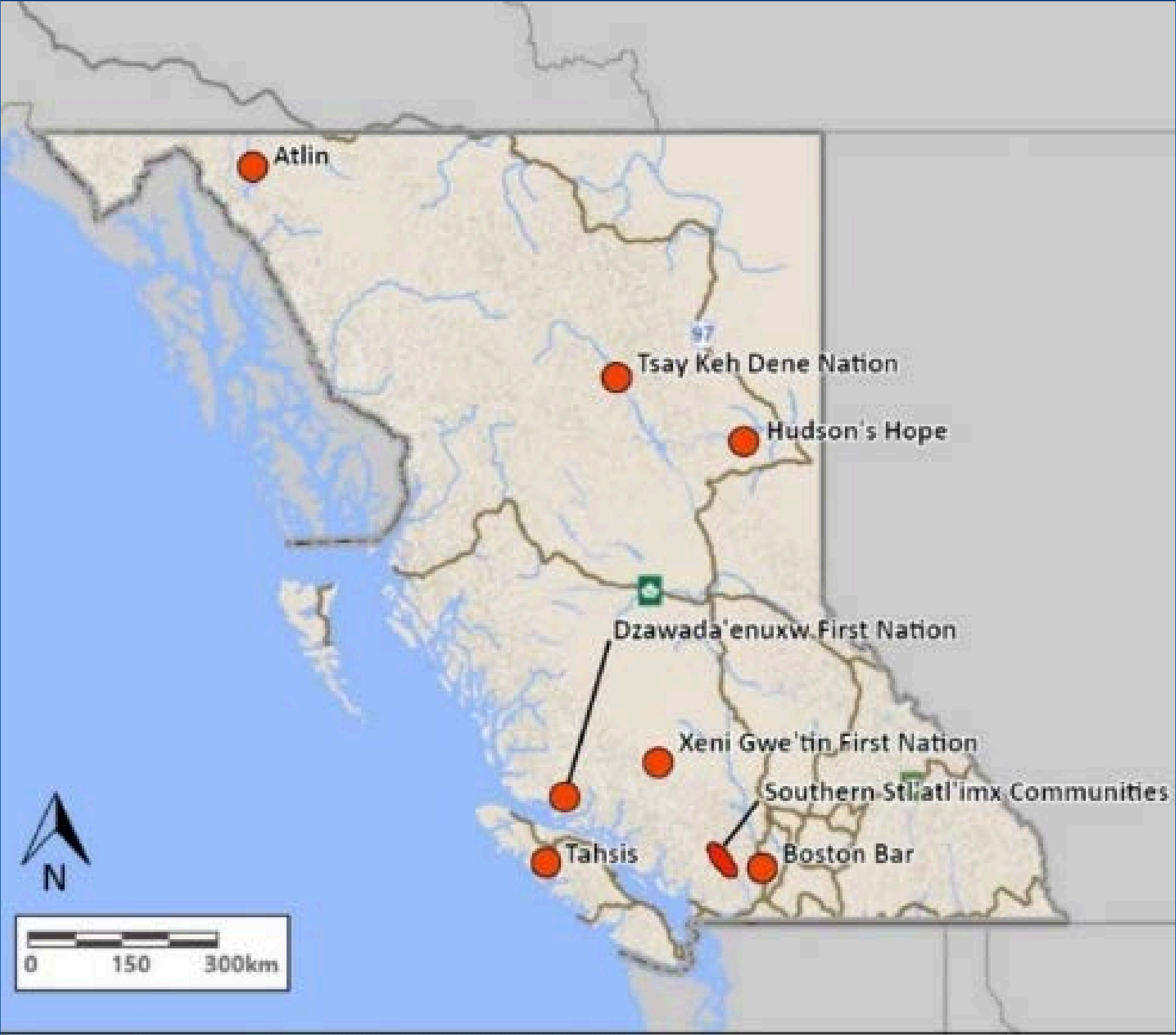
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# Acknowledgements



# Food access in a changing climate:

stories from seven remote  
communities in BC



Southern St'at'imx

Tsay Keh Dene

Boston Bar

Atlin

Hudson's Hope

Tahsis

WE CAN ALL WORK TO HELP TO  
CHANGE IT HEY

[FoodCostingStories.bccdc.ca](http://FoodCostingStories.bccdc.ca)



# What is the project?

- The BC Centre for Disease Control's (BCCDC) Food Costing report does not fully capture the experiences and food costs of people living in remote communities.
- This project aims to provide insight into food security challenges, and the impacts of climate change on food in remote Indigenous and non-Indigenous communities in BC.
- Deliverables:
  - Report
  - Key Considerations
  - Website

# Process

- Strived to create a safe, inclusive and collaborative environment.
- Guiding principles.
- OCAP to promote data sovereignty and self-determination.
- Project Advisory Group.

*Collaboration*



*Equity and Inclusion*



*Well-being*



*Respect*



*Confidentiality*



*Validation*



# Process

- Set out to hear stories and experiences with remote Indigenous and non-Indigenous communities.



- Communities were identified through a call for interest approach.
- Gathered stories through interviews and group conversations with knowledge keeper and community members.
- Eight communities were engaged, seven individual stories were developed.

# What we heard:



Costs and effort of accessing food

Food availability and preservation

Unpredictability of a changing climate

# What we heard:



Community leadership  
and food programs

Impacts to community  
health and well-being

# The stories

# Southern Stl'atl'imx *(pronounced stat-lee-um)*



"Love what you give and it goes through the people"

**Location:**



**Southern St'at'imx**

**BRITISH COLUMBIA**

# Location:



# What we heard:

- Transportation and travel costs.
- Planning and effort to access food.
- Climate change impacts on food access.
- Traditional and local foods.
- Volunteerism and giving back to the community.



Transportation and travel costs.

**"I used to try to get everything done in one day: get mail, shop, get groceries. But the car fills up, especially if you bring people with you and everyone goes shopping. Driving back, groceries are everywhere, on our laps, on the seats. We try to get as many people to go or to get stuff for as many people as possible." (Sonja)**

Planning and effort to access food.

**“It wears you down to be out all day and get home at 8, 9, or 10 pm. Sometimes you don’t eat all day – you have to get the kids ready, load the truck and run around all day. You’re beat when you get home.”** (Dan Dan)

Climate change impacts on food access.

**“Washouts are becoming worse. In the Fall 2021, there were big washouts all over that cleared out a bunch of trees and closed many of the roads until April. In some areas, it completely changed the landscape and views.”** (Sonja)

Traditional and local foods.

**“Food brings people together. Especially when there is a passing, we have a gathering and all the traditional food comes.” (Faye)**

Volunteerism and giving back to the community.

**“Traditionally, the first deer caught by a person is completely given away...This is to respect the spirit of the deer that has given their life to feed not just one family, but many. When I go fishing, I give the first fish away, and if it is a good run I usually give half of the fish away...The animals and plants take care of us so that we can take care of each other.” (Dan Dan)**

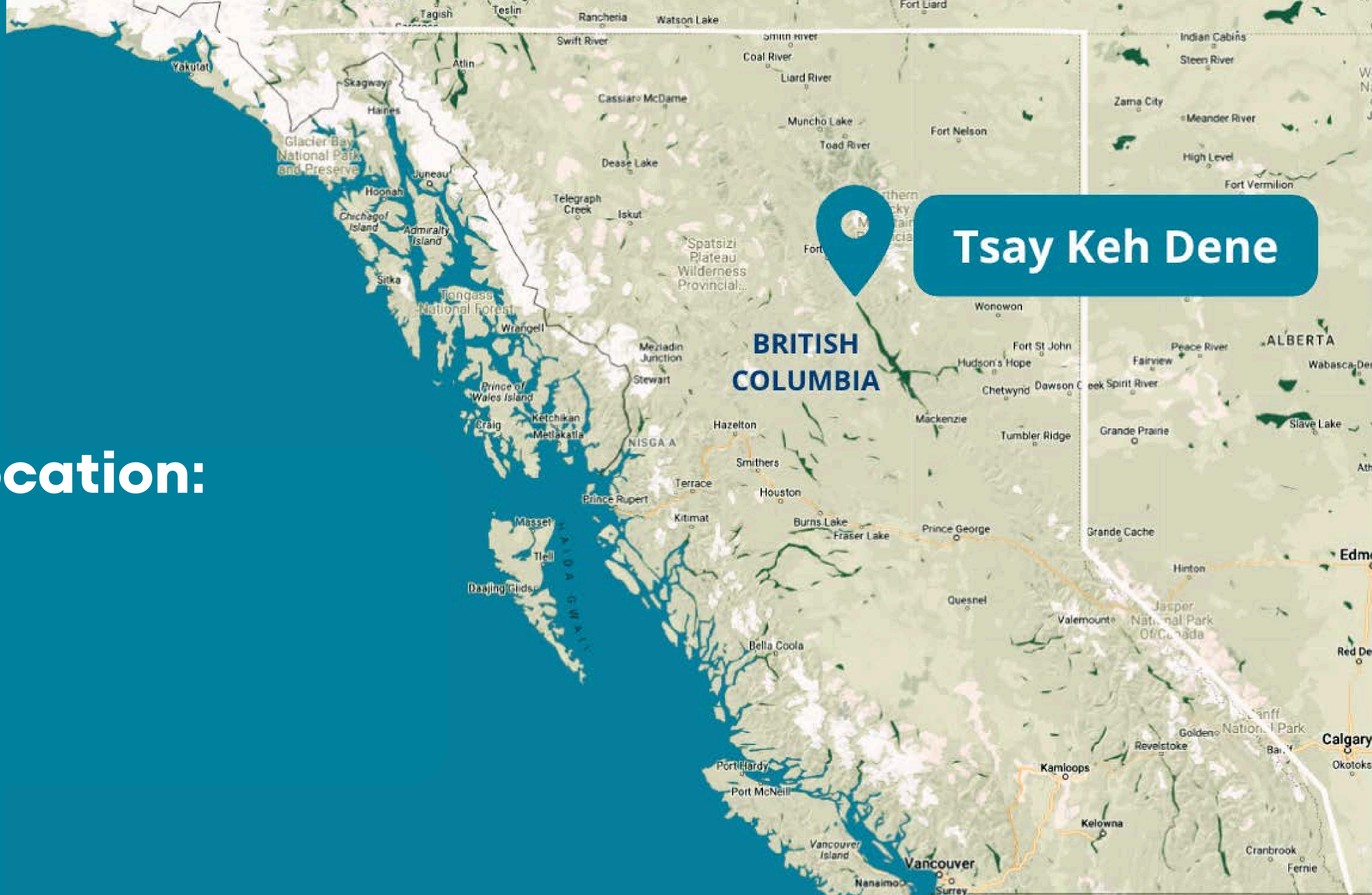
# Tsay Keh Dene *(pronounced say-kay-denay)*



Industrial disruption has changed everything

Tha

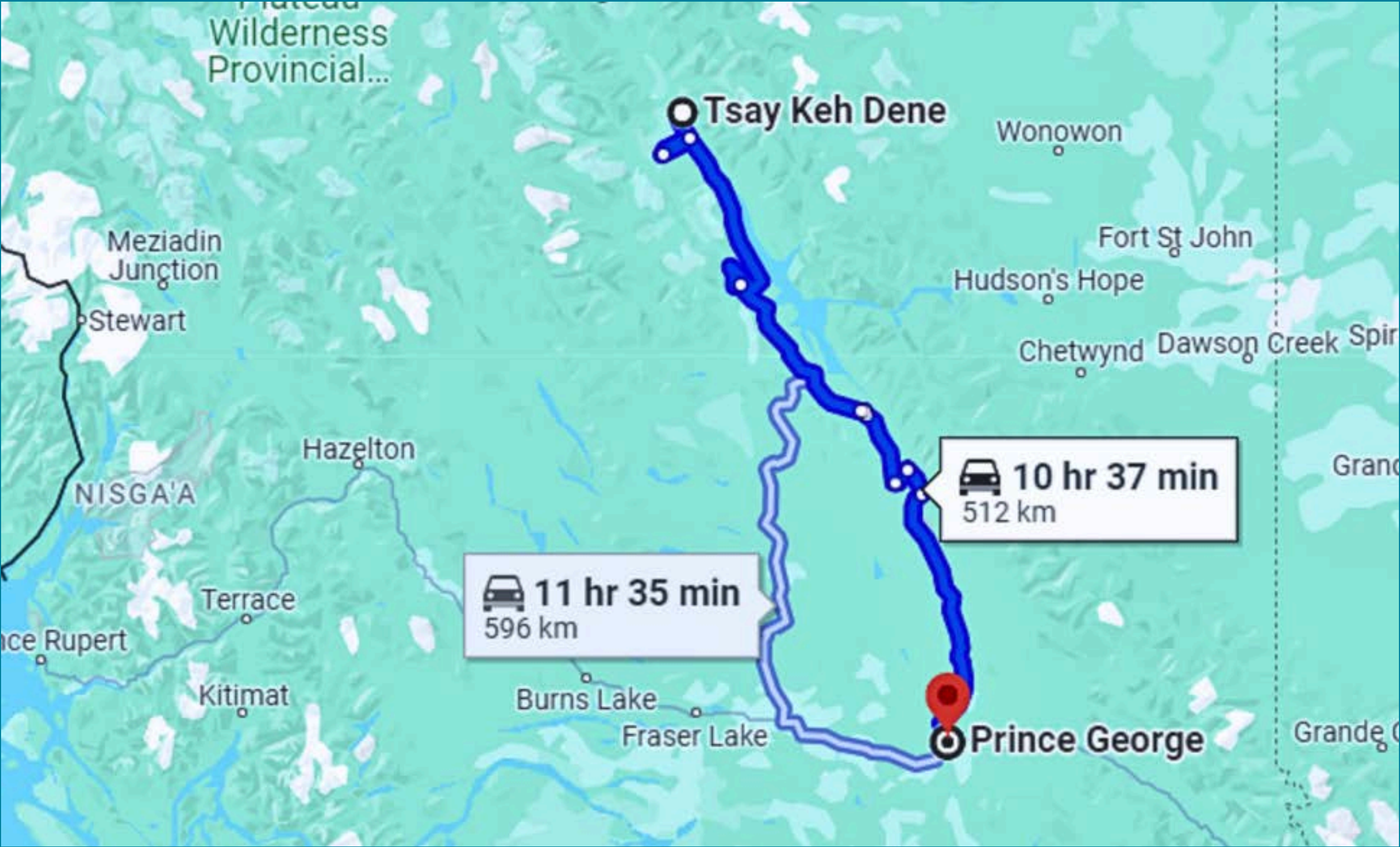
**Location:**



**Tsay Keh Dene**

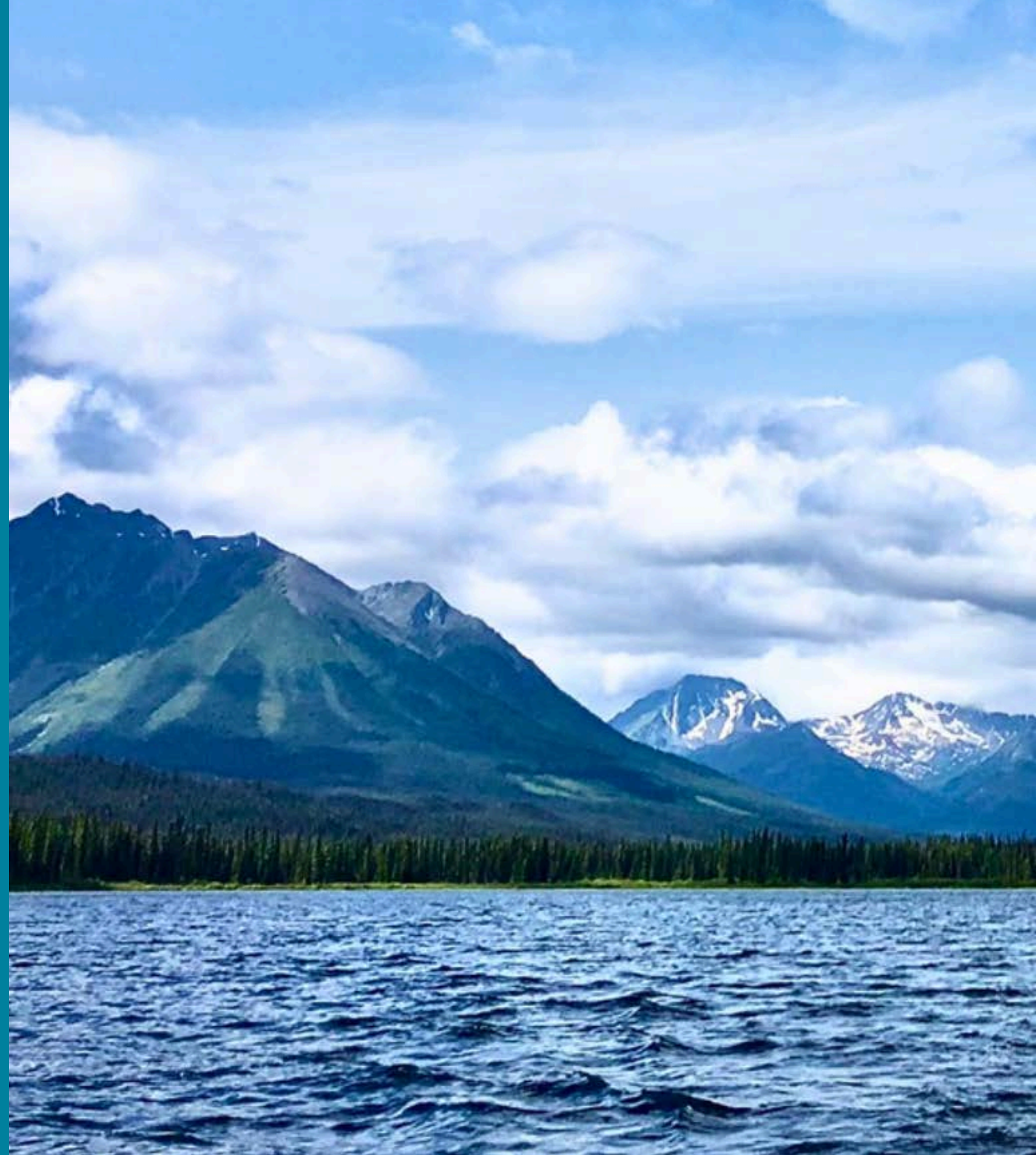
**BRITISH  
COLUMBIA**

# Location:



# What we heard:

- Limited selection and quality of food.
- The cost and effort of accessing foods.
- Climate change impacts on food access.
- Weather events and conditions.



Limited selection and quality of food.

**“We have a huge aisle in the store for chips, pop, and we have a quarter aisle for produce. Some people have the chance to get produce, while the rest go without. When members are struggling with trying to live a sober life or healthier lifestyle, they need healthy foods.”**

Cost and effort of accessing food.

**"...when I go to town, it costs me roughly \$1,500 or more once everything is complete [including] travel, shopping for groceries and using your vehicle and accommodations."**

Climate change impacts on food access.

**“Climate change is affecting the swamps in our harvest areas, where moose habitats are, the swamps on the Davis side (a traditional use area). The creeks are too low, also, not able to catch fish in the traditional fishing areas on territory. I have never seen the creeks/rivers as low as they are. Everything is changing with the weather, and it is making it difficult to gather traditional foods.”** (Janine)

Weather events and conditions.

**"All seasons it is very challenging to travel on the hazardous logging road. The wind, snow, the severe weather snowstorms, lightening – affects the road conditions... These all have an impact on our community members accessing sustenance." (Elizabeth)**

# Boston Bar



A Fraser Canyon community severely impacted by climate events



# Location:



# What we heard:

- Weather events and conditions.
- Cost and effort of accessing food.
- Volunteerism and giving back to the community.



Road conditions after heavy rainfall. Photo credit: Carly Thompson

Weather events and conditions.

**"2021 was quite literally the year of hell. We had record breaking heat, fires that lasted months, unbelievable flooding, almost a full week of power outage that spoiled all of our fridges and freezers, and then record snowfall and avalanches. All of these were within a six-month period and our highways were either gone, unpassable, unstable or just closed for repairs and crew working." (MB)**

Cost and effort of accessing food.

**"It's very stressful. Cost is overwhelming between fuel and food prices skyrocketing. We don't make more money so now we just eat more junk food." (MB)**

## Volunteerism and giving back to the community.

**“Our community has a few staple volunteers; one in particular that takes care of us. Without her our community would greatly suffer during these emergency or stressful times where we need help. We are a small town and mostly otherwise forgotten; this person has a loud voice and asks for what we need for the benefit of everyone.”** (Community member)



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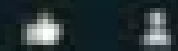
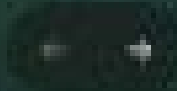
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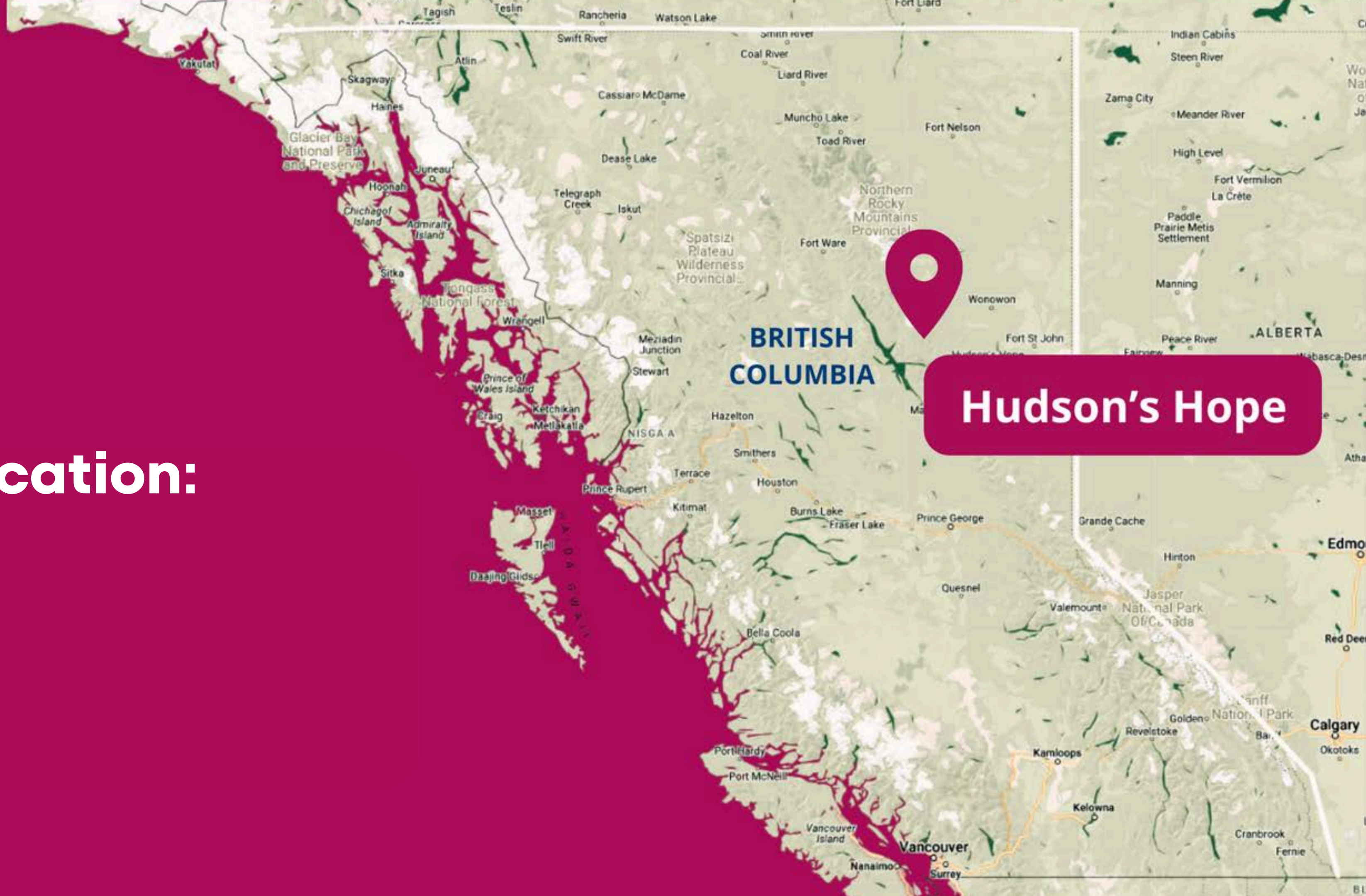




## Hudson's Hope

The important connection between food and Métis culture

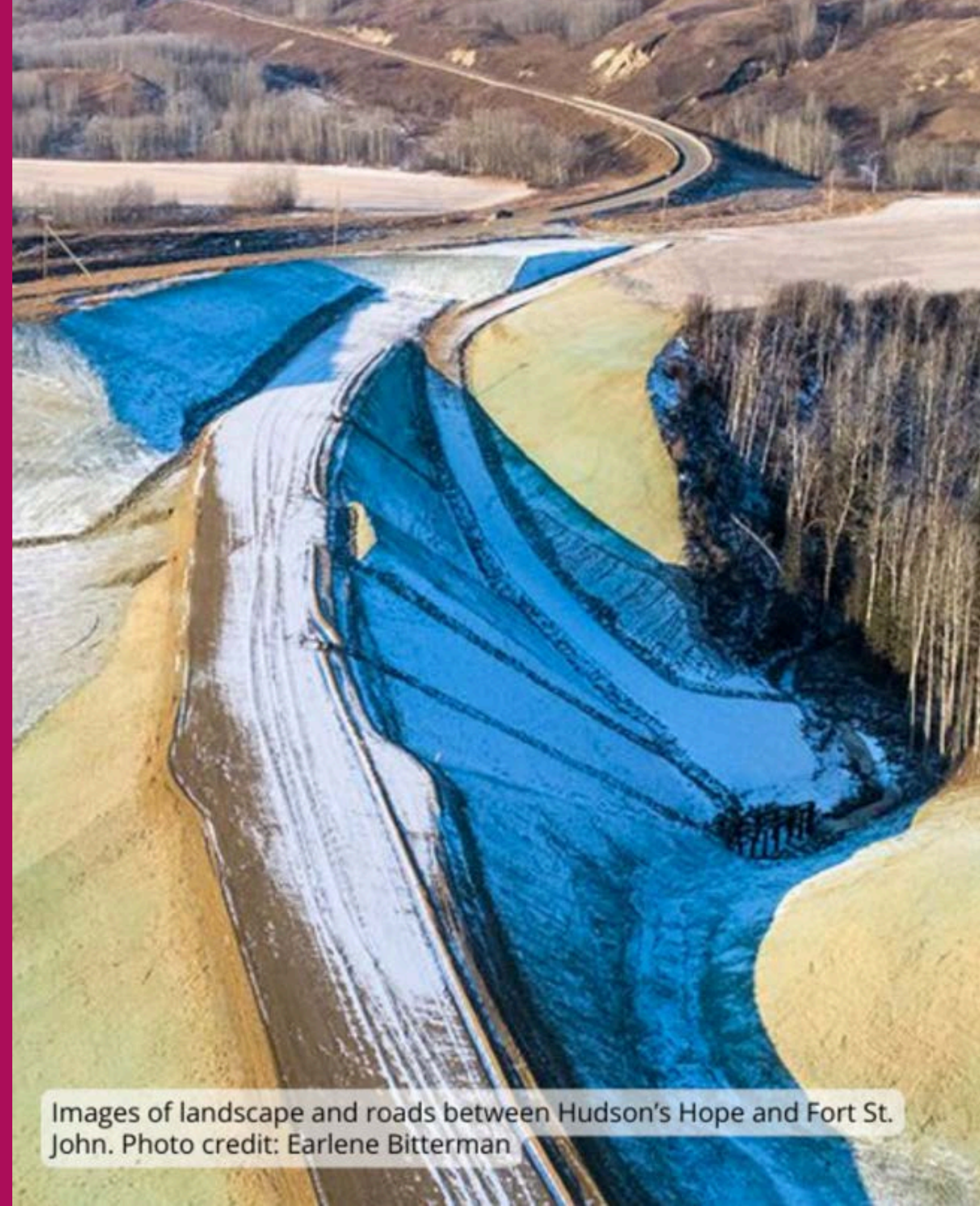
**Location:**



**Hudson's Hope**

# What we heard:

- Cost and effort of accessing food.
- Climate change impacts on food access.
- Food banks and charitable food programs.
- Volunteerism and giving back to the community.



Images of landscape and roads between Hudson's Hope and Fort St. John. Photo credit: Earlene Bitterman

Cost and effort of accessing food.

**“Every two weeks, we go to Fort St. John, get maybe about \$500 worth of groceries, almost \$1000 to stock up and keep our staples.”**

Climate change impacts on food access.

**"...last year, with the huge fire we had. We lost tons and tons of forests, so finding the animals that we rely on for food is quite a challenge," (Joan)**

Food banks and charitable food programs.

**“We've seen an increase in the food bank and then the use of the food bank which is a big thing. So, you know there's families out there that are struggling cost wise to provide food for their families...” (Joan)**

Volunteerism and giving back to the community.

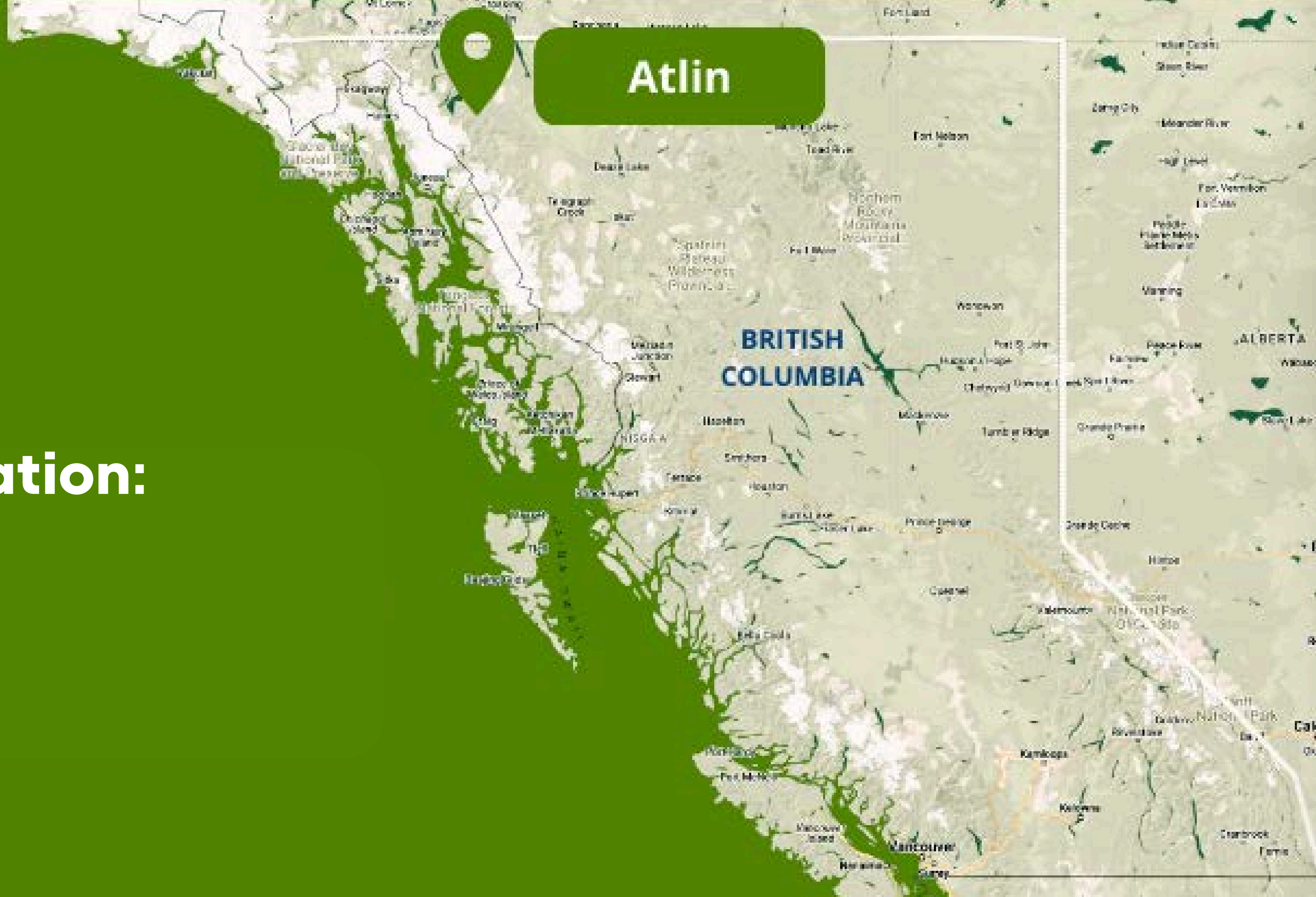
**"... Métis people are rooted in sharing their resources with each other during winter months, providing for one another. Food is a central pillar to Métis culture and identity."**

# Atlin



Transporting food in the far north

# Location:



Atlin

# What we heard:

- Food costs and availability.
- Transportation and travel costs.
- Traditional and local foods.
- Food preservation, storage, and equipment.



One of two grocery stores in Atlin. Credit: Google Maps

## Food costs and availability.

**“...We lose on the cost of food, on the cost of fuel to get the food or bring it in, we lose on the freshness. If the truck doesn't come on time, we get stuck with the grade b or grade c stuff and half the time you have to toss it out even though you just spent an arm and a leg on it.” (Lori)**

Transportation and travel costs.

**“It can be an \$85 gas bill to go get groceries. And for a lot of people, that’s not an option, so they have to settle for buying [food] only in town, and in the winter especially, that’s lower quality fresh fruit and vegetables. ” (Carol)**

Traditional and local foods.

**"Gardens, I think, are a big part of the North, and people feel a little bit safer if they don't have to rely on going down to the grocery store and getting potatoes or carrots, if they can just grow them themselves... it is an important part of living off the land." (Scott)**

Food preservation, storage and equipment.

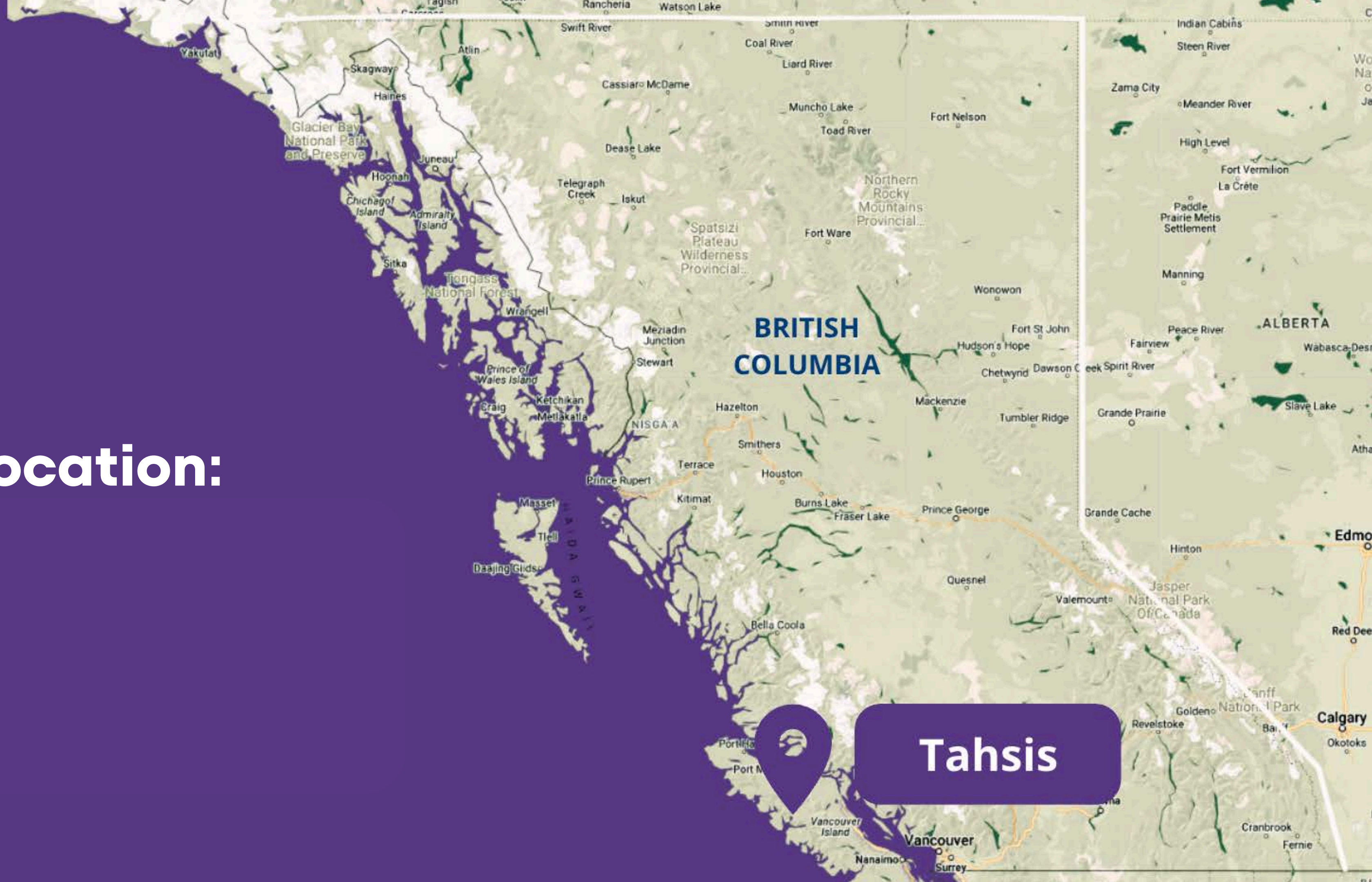
**"Storing food from autumn harvest requires extra fridges, freezers and storage room because of our limited access and potential shortages." (Donna)**

# Tahsis



A story of community support and sharing over time

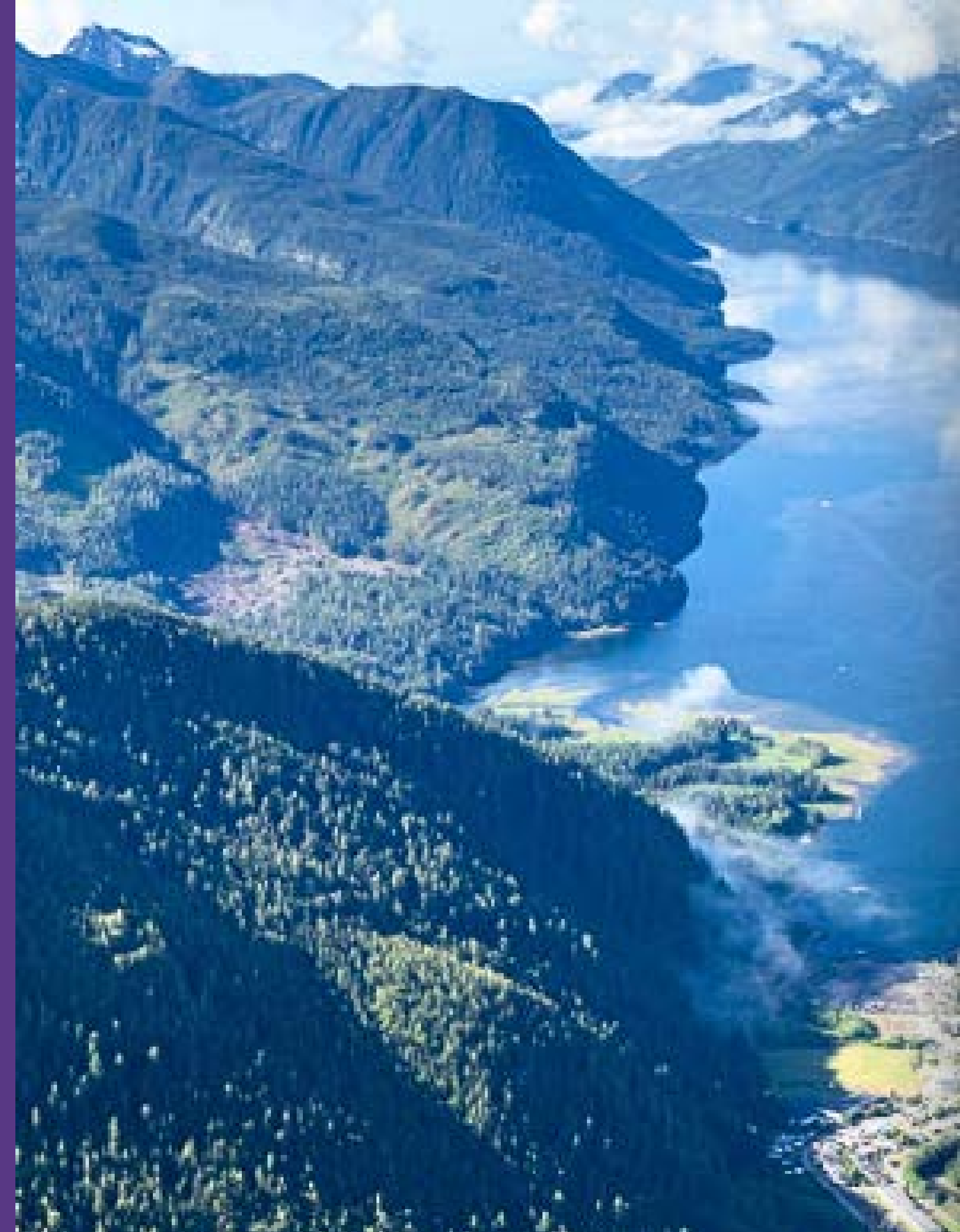
**Location:**



**Tahsis**

# What we heard:

- Cost and effort to access food.
- Climate change impacts on food access.
- Health and well-being considerations.
- Volunteerism and giving back to the community.



Cost and effort of accessing food.

**“Due to the sheer physical exhaustion of the trip, I usually have to take a day off to recover. My back and legs hurt a bit from the fact I’m sitting in a vehicle 6-8 hours in one day. That about sums up my adventures to go buy food and supply once a month or once every two months depending on the roads”**

Climate change impacts on food access.

**“When I first moved here [six years ago], there were more fish available... People greeted each other with fish and crab. That is no longer available as a giveaway because we don’t have them anymore. I haven’t seen a fresh crab in a while.”**

Health and well-being considerations.

**“For me, the access, availability and cost of food is affecting my well-being because I have to choose between maybe healthy food or cheap food.”**

## Volunteerism and giving back to the community.

**"...but you have to be careful about that because you don't want to impose. You don't want to become a burden... I used to be the one who did those things, then I find it uncomfortable to see myself switching positions now as I'm getting older and less able, I'm the one who needs favours not the one who does favours. It's a different role and it's kind of embarrassing."**

Travel and transportation costs.

**“Whenever I go on the road, I bring overnight gear and equipment, snacks to survival supplies. Just in case.”**



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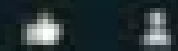
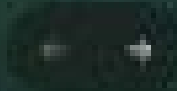
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# Questions

# Key Takeaways:

Costs and effort of  
accessing food

Food availability and  
preservation

Unpredictability of a  
changing climate

Community leadership  
and food programs

Impacts to community  
health and well-being

**What is your role?**

**How will you influence changes to  
support food security in remote  
communities?**

**Do the best you can until you know better. Then  
when you know better, do better.**

**- Maya Angelou**

[foodcostingstories.bccdc.ca](http://foodcostingstories.bccdc.ca)

[foodsecurity@bccdc.ca](mailto:foodsecurity@bccdc.ca)