



Seeds of Change

Program
Manual



The Northern Association of Community Councils

OVERVIEW

The Northern Healthy Foods Initiative's (NHFI) vision is for people to define their own food systems to access healthy foods in their community. The goals are:

- to increase food security efforts at the community level.
- to strengthen community-led development
- NHFI supports local and regional projects that contribute to the development of culturally relevant, healthy food systems, while improving health and well-being. NHFI's role is to increase access to food by working with communities and coordinating efforts aligned with the program's goals and objectives. Our strategic priorities are to:
- Strengthen strategic partnerships and collaborative efforts to support local food production and access. Partnerships are intended to increase community access to resources and opportunities, build on community development efforts, facilitate the sharing of knowledge and experiences and reflect the uniqueness of communities.
- Enhance support for local efforts, including strengthening community-led approaches that reflect cultural values.

VISION

People define their own food systems to access healthy foods in their community

LONG-TERM IMPACT

- Healthy food systems that are culturally relevant
- Improved health and well-being

ROLE OF NHFI

To increase access to food by working with communities to coordinate their efforts.

OUR VALUES

- **The Capacity of Young People** We believe that young people are capable of being responsible leaders. We expect our young people to be both learners and teachers.
- **Equity** We believe that anyone is capable of leading; and that communities gain strength as residents step into leadership. We strive to make all of our programs culturally and economically accessible.
- **Community.** We value the residents and leaders of our communities and seek out opportunities to integrate their skills, perspectives, and desires. We know that everyone has valuable knowledge and wisdom to offer.
- **Experiential Learning** We believe in learning by doing, and know the best learning experiences are fun, engaging, and relevant.
- **Environmental Stewardship** We believe environmental stewardship is important and recognize that sustainable agriculture is essential to environmental sustainability. We believe all people need nourishing food to learn and flourish, and that access to healthy food is a human right.
- **Teamwork** We believe that the best work comes from working together as a team with a shared sense of ownership and the ability to transition roles as needed. We articulate our expectations, goals, and needs; and are transparent in all our communication. We expect regular feedback that is both positive and constructive.
- **Responsibility** We believe in hard work and hold ourselves and others to high standards. We scrutinize our ideas and are accountable for our work and to the people that count on us. We value learning and experimentation – the only failure is not to try.

Food Sovereignty

Food sovereignty is the right of people's to healthy and culturally appropriate food produced through ecologically sound and sustainable methods and their right to define their own local food and agriculture systems

NHFI COMMUNITIES

EASTERN REGION

Barrens River
Dauphin River
Little Grand Rapids
Homebrook
Matheson Island
Pine Dock
Princess Harbour
Seymourville

NORTHERN REGION

Dawson Bay
Easterville

WESTERN REGION

Baden
Barrows
Camperville
Crane River
Duck Bay
Mallard
Meadow Portage
National Mills
Powell
Red Deer Lake
Rock Ridge
Spence Lake
Waterhen

SUPPLIES

Each person gets packages of standard garden vegetables. Included is:

Beans – Anasazi, Black Beans, Chick Peas, Edamame, Tepary
Beets
Broccoli
Cabbage
Cauliflower
Corn
Cucumbers
Lettuce
Peas
Pumpkins
Squash
Summer Turnips
Peppers
Herbs

OUR COMMITMENT

We provide, through the local greenhouse when possible, seeds to community members.

PROGRAM OBJECTIVE

The Seeds of Change Program allows participants to use their own personal garden to grow vegetables, berries, herbs or various ornamental annuals or perennials.

ADVANTAGES FOR THE COMMUNITY

The Seeds of Change Program allows participants to:

- develop social interaction between neighbours and a sense of social unity and food safety;
- beautify their living area;
- come into contact with nature;
- benefit from foods that are natural, nutritious and local, as well as products that come from agriculture that is respectful of the environment and adapted to the local climate, at low cost;
- develop and share knowledge.

ACCESSIBILITY

The Seeds of Change Program wants to make its Seeds of Change Programs accessible to as many participants as possible who meet the program's requirements. NACC is committed to ensuring that all participants have equal access to this information.

CRITERIA FOR ADMISSION TO PROGRAM

Requests are evaluated based on the following criteria:

- The community must be identified as NHFI community.
- One Seeds of Change Program will be supported per property.

CRITERIA FOR COMMUNITY SEEDS OF CHANGE PROGRAMS

The Seeds of Change Program is intended for individual gardens. However, NACC will analyze planting requests for new community gardens based on the following criteria:

- The new Seeds of Change Program is located in a neighbourhood where shared land has been identified and secured.
- Development of the new Seeds of Change Program requires no purchase of land.
- There is a sustainability plan developed.

SUPPORT OFFERED

- Supports for the initial and annual development of the garden. Supplies are provided for 3 years with an expectation that you will participate in seed saving.
- Seeds of Change Participants are responsible for purchasing garden tools and equipment, planting, construction of boxes (if applicable), composters, etc.
- Participants benefit from advice as well as start-up support.
- No financial assistance is offered.

GUIDELINES

- The Seeds of Change Programming season begins at the end of May and ends at the beginning of October;
- If no work is undertaken by June 15, seeds will be offered to another Seeds of Change Participant.
- Only one plot will be funded per address.
- Participants must attend, at their own cost, a community education presentation once per year, but are eligible and encouraged to attend all training offered.
- Reports must be submitted by deadlines and format determined by NACC. Failure to submit reports may result in the participant being removed from the program.

PARTICIPANT AGREEMENT

Name: _____

E-mail Address _____

Phone: _____

Address: _____

The undersigned hereby agrees:

- To comply with all of the guidelines and requirements established by the NACC as set out in the Seeds of Change Manual, and as may be amended by the NACC from time to time;
- To attend at least one Community Training Program provided by NACC for the operation and maintenance of the Seeds of Change Program and to abide by all procedures, requirements and recommendations made by NACC;
- That the undersigned shall neither sell or give away supplies, without the prior written consent of the NACC, which consent shall be in NACC's sole discretion and subject to the terms and conditions that may be imposed by NACC;
- That NACC has the right to terminate this Agreement without notice in the event that the undersigned fails to comply with or breach the terms of this Agreement or any schedule attached hereto, or for any or not reason at all;
- To assume all risk of dangers, hazards, costs and personal injury, death, property damage or loss resulting from participation in the Seeds of Change Program;
- To wave any and all claims that the undersigned has or may in the future have against NACC and to release NACC from any and all liability for any loss, damage, costs, expense or injury (including death) that the undersigned, his or her Representatives, or next of kin may suffer, as a result of participation in the Seeds of Change Program due to any cause whatsoever.
- A year end report form, along with pictures, is required.

I HAVE READ AND UNDERSTAND THIS AGREEMENT.

Signature

Date Signed

Contact us:

Northern Healthy Foods Initiative
Northern Association of Community Councils
2-565 Roseberry
Winnipeg, MB
R3H 0T3
Ph: (204)801-2950
Fax: (204)947-9446
Email: programnhfi@naccmanitoba.com

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