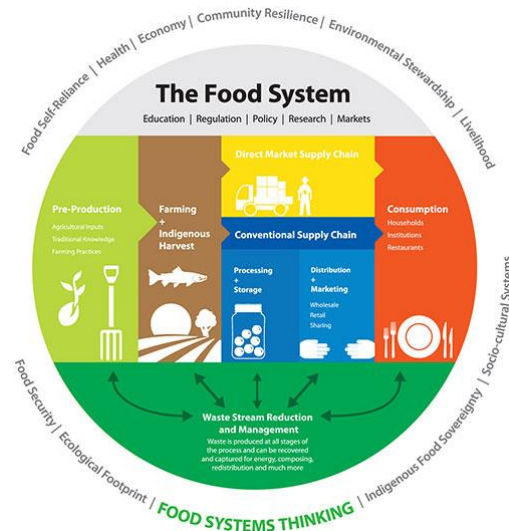


Health & Food Security

Food security and health are tightly connected. Access to enough safe, affordable, and culturally appropriate food impacts the health of individuals, families, and communities. Food is a basic need that impacts a person's likeliness to develop diseases, and it also impacts mental health and sense of social connectedness, well-being, and ability to fully participate in society.

The COVID-19 pandemic has increased Canadians' vulnerability to food insecurity, with racialized people most severely impacted. It will take strong policies that support equitable food access to proactively build healthy, food secure communities. Successful food security policy approaches will include addressing the [root causes of food insecurity](#), building resilient local food systems, supporting [Indigenous food sovereignty](#), and ensuring all voices are heard in the process of policy making. Developing strong food security policies is one way that local governments, along with communities, can proactively build food systems that make it easier for all citizens to lead healthy lives.



Resources

Beyond Hunger Report – The Hidden Impacts of Food Insecurity in Canada

A new national [research report by Community Food Centres Canada](#) reveals the hidden and devastating impacts of household food insecurity in Canada. [The report](#), which surveyed 561 people across the country, shares human stories, including coping strategies — from not celebrating holidays, to skipping medications because there's no food to take with them, to isolating to hide the issue from friends and family – and suggests key policy recommendations that can change lives.

Food Security Rapid Action Resources for Local Government

PlanH is in the process of releasing a series of Rapid Action Resources to provide local governments with an understanding of equity considerations around various aspects of food security, including examples of good food security initiatives from local governments across B.C. [Part 1 has been published: Community Food Production.](#)

10 Ideas for a Community-Based COVID-19 Recovery

As cities respond and recover from the COVID-19 pandemic, there is an opportunity to build back better – to center recovery efforts on improving the outcomes for our most vulnerable citizens, our civic life and our planet. This [blog](#) shares 10 ideas for community-based recovery.

Keep Kids Moving: Resources and Recommendations to Help Families Stay Active During COVID-19

Doctors of BC has compiled a list of [resources](#) to support families to be active and stay safe during COVID-19.

COVID-19 Effects on the Mental Wellness of Vulnerable Populations

This [visual resource](#) from the Canadian Mental Health Association summarizes the effects of COVID-19 on vulnerable populations across Canada.

Children’s Independent Mobility Documentary: Running Free

[Running Free](#) explores the challenges parents face in allowing their children to move and play freely in the world. It looks at parental fear over the safety of their children, and discusses the critical importance of independent mobility in developing children’s confidence, decision-making, and physical health.

Reconciliation in a Time of Uncertainty

In this webinar recording, Dr. Robert Joseph, Hereditary Chief of the Gwawaenuk First Nation and renowned peace-builder and advocate for reconciliation, discusses the [impacts of COVID-19 on reconciliation](#) in Canada and the opportunities emerging from this crisis for new ways of working and being together.

Online Courses, Programs and Activities

Heads Together Think Tank: Mental Health, Addictions and Brain Injury Services November 3 and 10, 2020

This [four-part online conversation](#) hopes to bridge gaps in services for mental health, addictions and brain injury in BC by discussing what is working, what isn’t working, and where shifts need to occur. The virtual events focus on four different themes: real people – real stories, rehabilitation & community supports, research & prevention and reinforcing communities.

Upcoming Webinar: An Introduction to the Healthy Social Environments Framework.

Tuesday, December 1, 2020, 10:00 AM – 11:00 AM PST

In partnership with health authorities and local government planners, the British Columbia Centre for Disease Control (BCCDC) has developed a conceptual framework to summarize the most influential aspects of the social environment, which promote community well-being and social connectedness. In this one-hour webinar, hosted by BC Healthy Communities Society, Charito Gailing and Tannis Cheadle will walk us through the framework and its ten features of a healthy social environment. [Register here.](#)

Beyond Cannabasics: A Public Health Approach to Cannabis for Youth, Emerging Adults and Seniors

The [Beyond Cannabasics workshop](#) was developed in 2020 to expand on the concepts outlined in Cannabasics within the context of specific age groups. The resources to help you facilitate a training session in your community are [available by request online](#), and are intended for frontline health and social service providers.

Cannabis Use and the Canadian Workplace

This [infographic](#) summarizes highlights from two surveys conducted pre-post legalization by the Institute for Work & Health, about Canadian workers and cannabis.

Share Your Experiences and Ideas

- The KPU Institute for Sustainable Food Systems in partnership with the Canadian Institute of Planners has developed a survey to assess the skill and knowledge of planners to address food systems in their work. This survey is part of research to understand and advance the field of food systems planning in Canada. If you are a professional planner, planning practitioner, or a planning student in Canada, [take the survey](#) now.
- The Regional District of Bulkley Nechako (RDBN) Food and Agriculture Working Group is conducting a food hub feasibility assessment. As part of this process, the Working Group would like to hear from food producers, processors, growers, raisers, makers, or harvesters in the (RDBN) about their interest in, and readiness for a food hub in the community. [Complete the survey now.](#)
- Researchers at UBC want to hear about your experience with [wildfire smoke advisories and public health messages.](#)
- The University of British Columbia and the Northern Pediatric Wellness team are looking at how [COVID-19 and physical distancing measures have impacted child wellness in the Northern](#) Health region through a [short online survey.](#)

Funding Opportunities

Northern Resilient Communities Grant

Deadline: Until funding is exhausted

This [funding](#) is a one-time support for groups and organizations who need assistance adapting their practices and/or responding to new community health and wellness needs. Grants are available for a maximum of \$5,000 and applications will be accepted until funding is exhausted.

Early Learning and Child Care Innovation Program

The Government of Canada has launched a call for proposals for innovative projects that foster cutting-edge practices in early learning and child care across Canada. Priority will be given to projects that address the needs of families through the next phase of recovery from the COVID-19 pandemic. For more information visit the [Early Learning and Child Care Innovation Program](#) webpage, or view the [application guide](#). Deadline to apply is December 3rd, 2020 at 2:00pm Eastern Standard Time.

Updated Northern Development Initiative Trust Programs **Deadline: Varied**

NDIT recently launched a new suite of [Community Development funding programs](#) for northern BC governments. This includes funding for: [Community Places](#), [Cultural Infrastructure](#), [Economic Infrastructure](#), [Main Street Revitalization Planning](#), [Main Street Revitalization Capital](#) and [Recreation Infrastructure](#). Within these programs, communities can now support public washrooms, playgrounds and libraries among many other things.

FCM Sustainable Affordable Housing Programs **Deadline: Accepted Year Round**

This \$300 million [sustainable affordable housing fund](#) offers support to local affordable housing providers – including municipal, not-for-profit organizations and housing co-ops – to **retrofit existing affordable housing units, or construct energy efficient new builds that emit lower GHG emissions**. Funding is available for [planning](#), [studies](#), [pilot projects](#), [retrofit capital projects](#) and [new-build capital projects](#).

BC Housing Community Housing Fund **Deadline: January, 2021**

[BC Housing's Community Housing Fund](#) works with non-profit organizations, housing cooperatives and local governments to create affordable rental homes for middle and low-income families, independent seniors, and individuals in BC.

Indigenous Agriculture and Food Systems Initiative **Deadline: September 30, 2022**

[Funds up to \\$500 000 per year, multiple year funding available.](#) Eligible activities categorized into two streams:

- community readiness and pre-development support activities;
- Supporting Indigenous agriculture and food systems projects

Agriculture and Agri-Food Canada: Local Food Infrastructure Fund **Deadline: March 31st, 2024**

This federal fund is intended to [support food organizations and to help improve access to safe and nutritious food for Canadians at risk](#). This second call for proposals will support small and large community-led food projects.

Northern Health Stories

Feeding young babies during the COVID-19 Pandemic: Tips for parents and caregivers.

COVID-19 is raising all kinds of questions and concerns, including for new and expectant parents. Families are likely concerned about keeping their babies safe. They might wonder, “What do I need to know if I’m breastfeeding? ...If I’m expressing breast milk? ...If I’m feeding with infant formula?” Here, we offer tips for [infant feeding during the COVID-19 pandemic](#). In situations where COVID-19 infection is suspected or confirmed, the following guidance applies and some additional precautions may be recommended. [... continue reading.](#)

New granting opportunity available: Resilient Communities Grants

Communities are resilient when they are able to respond to, withstand, adapt, and recover from adverse situations. The COVID-19 pandemic has created many challenges for Northern communities and community service organizations: it has changed how they deliver services, communicate, and run programming. New health and wellness needs within communities have also surfaced due to COVID-19, which organizations are facing at the ground level...[continue reading.](#)

Things to keep in mind when getting your flu shot this year

This year, it’s more important than ever to get a flu shot to protect against the spread of influenza (the flu), especially for those who have a higher risk of getting sick. There’s no COVID-19 vaccine yet, but we do have influenza vaccines. Influenza is a contagious respiratory disease that can lead to serious illness, hospitalization and death. If influenza spreads rapidly in communities at the same time as COVID-19, it can overwhelm our healthcare system and put our loved ones at risk. The best protection is to get the flu shot this fall and stay home if you’re sick. [...continue reading.](#)

See the latest stories at stories.northernhealth.ca.

E-Brief Information

The Healthier Northern Communities [E-Brief](#) is produced by [Northern Health's regional Population and Preventive Public Health program](#).

- **To subscribe**, send a blank email to healthycommunities@northernhealth.ca with “subscribe” in the subject line.
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