

# Building Food Security in the Comox Valley

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ARZEENA HAMIR

AMARA FARM

COURTENAY, BC



Carrots  
\$4

2 lb Carrot  
Bag \$3

Radishes  
\$3

Cilantro  
\$2

Onions  
\$3

Dill  
\$2

Beets  
\$3.00



Cucumber \$3/lb



Zucchini \$3



Potatoes  
\$7

# Statistics for the Comox Valley

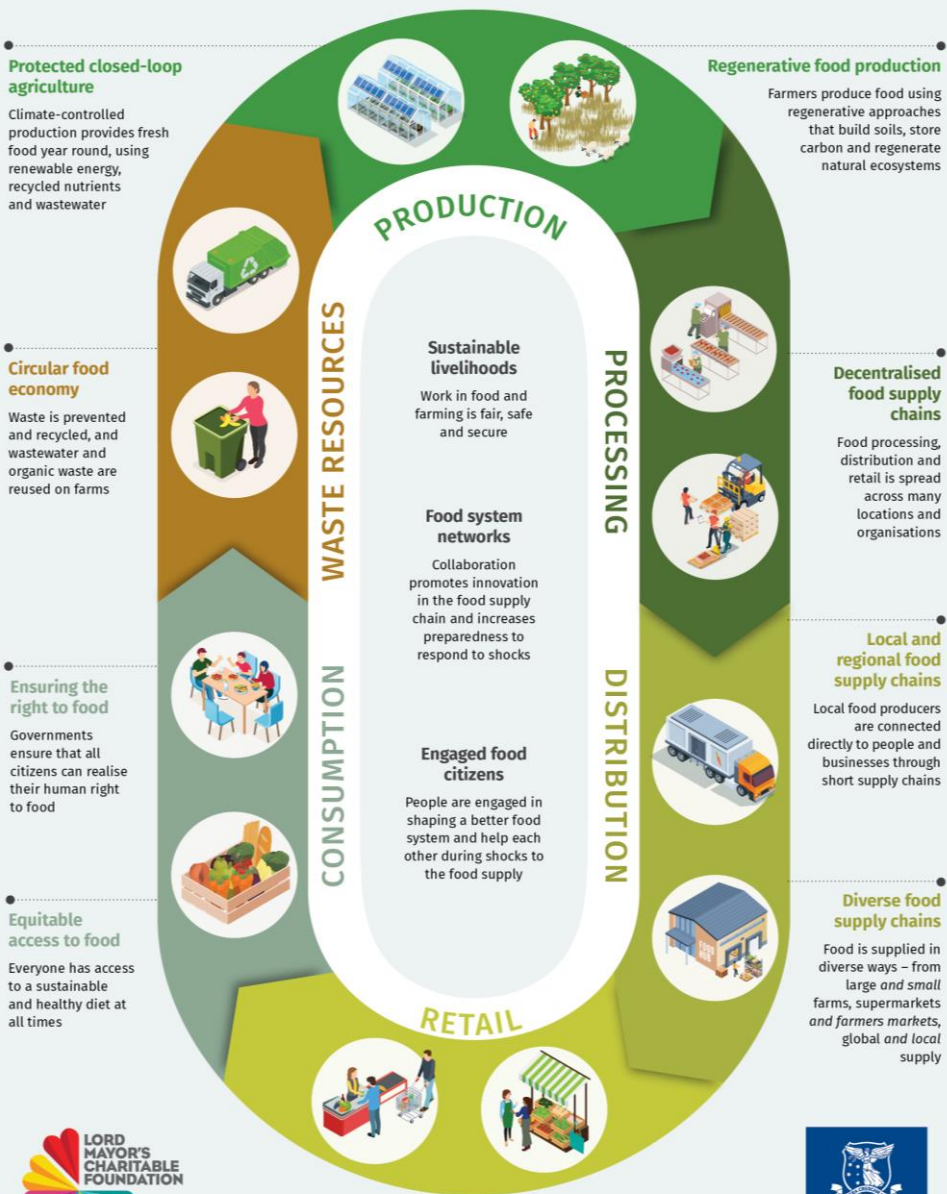
- In 1960, over 80% of the food needs of Vancouver Island was grown here
- Today, this % is.....

4%

- In 2011, Gross Margins on farms was 25%
- In 2021, it's 4.3 %

# Resilient Food Supply Chain

Increasing the resilience of our food supply to shocks and stresses



# What we need in the Comox Valley

More farmers growing food

More people/institutions purchasing local food

More local processing

Aggregation/Distribution system for local growers

Ways to divert the waste out of the landfill





**Photo Credit:  
Michael Marapese**



LUSH VALLEY

## GOOD FOOD BOX SUMMER SUBSCRIPTION

Let LUSH Valley do the shopping for you! Get convenient and consistent access to fresh, local produce all summer long.

Thursdays: June 16 - August 18  
Pick-up at 2342 Rosewall Crescent



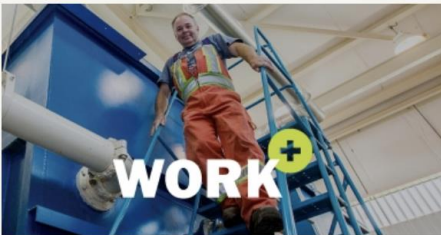


Covid-19 Update

[More information](#)

## Projects & Strategies

- > [Past & Current Projects](#)
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# Where will our future protein come from?

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