

# My FED Farm

Thank you for helping us make an impact!



# Why My FED Farm?

The Food Eco District responded to the food security crisis that COVID-19 presented to our community with the My FED Farm initiative. FED knew that that the mass layoffs would present tough challenges to many members of our community who had been laid off or are immunocompromised and had little access to fresh, healthy foods.

From May through August the FED team and their volunteers delivered start-up food garden kits to over 500 homes in the Capital Region

The web series on the FED website, provided to garden recipients, volunteers, and supporters, contains resources and videos to help them on their growing journey!



# My FED Farm Partners

FED is so grateful to have worked with these amazing partners in our community who helped us supply kits and provide educational resources!



# About our Partners

**TOPSOIL Innovative Agriculture** offered the urban farm as a home base for My FED Farm to operate out of and sourced all the planters filling them with nutrient rich soil.

**Growing Together & The Good Food Network** helped develop educational resources and provided expertise for our garden recipients

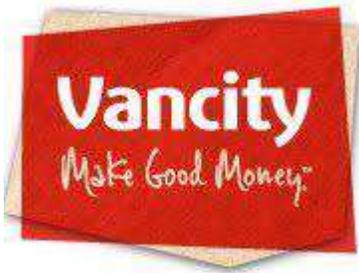
**The City of Victoria's 'Get Growing, Victoria' Campaign** donated 3,300 plants grown at the Beacon Hill Park Nursery. They have also provided funding to support the development of the educational material

**Transition Sooke, the Sooke Region Food CHI Society and the Sooke Garden** club allowed us to extend our reach and provide residents in the Sooke Region with free garden kits!



# A HUGE Thank You to Our My FED Farm Sponsors

The My FED Farm project would not have been possible without the amazing support from our sponsors and community.



Parks & Recreation  
Foundation of Victoria



PENINSULA  
CO-OP

VICTORIA  
seedshare

METCHOSINFARM  
WE'RE GROWING DELICIOUSLY!



Compost  
Education  
Centre

ESTD 2008  
ALDRIDGE ST  
PRINT & MEDIA



Hatchet & Seed  
Edible Landscapes + Eco-Design

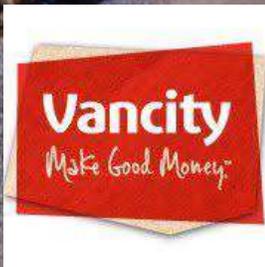


THE  
parksIDE  
HOTEL & SPA

# Thank You Vancity!

We would like to extend an extra special thank you to Vancity for getting this program off the ground.

Vancity was our first supporter of the #MyFEDFarm initiative and their generous support at the outset allowed us to turn this wild idea into a reality!



# Shout out to the TOPSOIL Team!

The TOPSOIL team allowed us to use their urban farm on the dockside green as our #MyFEDFarm HQ.

Thank you so much for allowing us to operate out of your space and for helping us source planters and fill 2000 of them with soil!

# Big Wheel Burger

Even through the toughest times, when restaurants were hard hit, Big Wheel Burger continued to donate to the #MyFEDFarm initiative.

Their monthly contributions were a huge support to this program. Thank you!



# City of Victoria

We are so grateful to work with amazing City leaders like ours!

Thank you to the City of Victoria for donating 3,300 plants grown at their Beacon Hill Nursery and for funding to support the development of educational materials! In addition, the City provided funding to support the purchase of the planter kits.



# My FED Farm Team

Of course this would not have been possible without the dedication and hard work from the team who put this program together.

A very special shout out to the FED Program Manager **Holly Dumbarton** who dedicated her passion and endless energy to this project!

**Jen Fraser's** organizational ingenuity and ability to pivot quickly to address bumps in the road enabled the program to run smoothly.

Our Executive Director **Jill Doucette** grew over 7,500 plant starts at her home for this initiative!

Go Team!!



# Our Amazing Volunteers

We are so grateful to have had the opportunity to work with such amazing volunteers!

From video editing, to scheduling and outreach, to delivering gardens and offering consultation our volunteers made it happen.

We want to send an extra special thank you to **Rob Hewitt** for being our site manager at Topsoil for keeping everything organized on delivery days, **Christian** for doing all the video editing, **Maria & Brianna** for taking care of all delivery logistics and scheduling and **Kaylee** for photographing this initiative.

To all our volunteers – THANK YOU!



# Program Highlights

514



**Homes**  
provided with  
garden kits in the  
Greater Victoria  
Region

1,886



**Planters**  
provided to those  
514 homes

65,000



**Seeds & Plant Starts**  
donated to the My  
FED Farm initiative



# Program Highlights

65



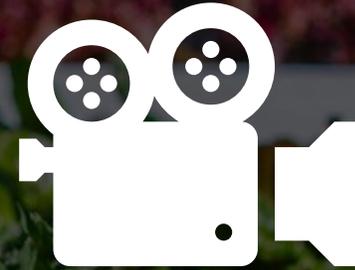
Volunteers Engaged

68



Online Resources  
Provided

82



Videos Collected &  
Created

# Program Highlights

1,115



People Directly  
benefiting from My  
FED Farm

10,000



Pounds of possible  
food grown based on  
planter growing  
capacity

3



First Nations  
Community Gardens  
(Tsawout, T'Sou-ke &  
Tsartlip)



# Program Highlights

Community garden installed at Huntingdon Manor sponsored in part by VIATEC. These 12 garden plots will provide 12 families in the James Bay neighborhood who wouldn't have been able to access a garden otherwise due to limited space. Check out the article [here](#)



# Program Highlights

The FED Farm Nursery grew 7,500 plant starts in their greenhouses!

FED received 2 greenhouses to house their nursery, 1 donated by a community member (thank you Lynn!) and the other one was lent to FED from Lifecycles!



# Program Highlights

Gardens were provided to residents from North Saanich all the way to Sooke!



# Program Highlights

My FED Farm was able to provide garden kits to some of the First Nations Communities on Vancouver Island. 20 garden kits were sent to the Tsawout Nation and 49 garden kits went to T'Sou'ke and Tsartlip Nations. Garden kits were also provided to some families from the Native Friendship Centre



# Who Received Garden Kits?



Low Income  
Housing



Senior Centers



Immunocompromised  
Households



Individuals with  
Disabilities



Laid Off  
Workers



Frontline  
Workers



Single Parent  
Households



First Nations  
Communities





# Garden Recipients

Recipients expressed benefits of their garden kits beyond simply growing food. It gave them a way to cope with anxiety, a reason to be outside in a safe way, something to care for, a purpose, an opportunity to learn with their children, and a sense of security.

Many recipients have been suffering with their mental health and gardening is giving them a way to cope

*“Having a start up garden on our patio would bring a little light into our life right now and it’s really what we need at this point. Thank you for doing this, you’re wonderful souls!”*



Recipients with pre- existing health conditions were to afraid to leave their houses to get fresh produce

*“My partner and I are afraid to go to the grocery stores as we are both seniors with underlying health conditions. A garden will hep us with our food security a lot”*



With children home from school it has given families an opportunity to connect and teach their children about where their food comes from.

*“A garden will help us in terms of food for the future and help our daughter learn the importance of growing your own food and turning this situation into a positive experience.”*



It has been empowering and allowed recipients to be more self-reliant

*“ I grew up gardening and it would be empowering and helpful financially to grow our own food”*

*“I’ve actually never gardened before, envious of others and now I’m even more keen!”*







# Garden Volunteers

Our garden volunteers were essential in ensuring garden kits were delivered to all the recipients. Many of the volunteers expressed gratitude for having this initiative to be involved with during such a difficult and uncertain time. We truly are all in this together!

*“It was meaningful being able to volunteer with FED during a pandemic because it meant being able to help others in our community who wanted to learn to garden, but either couldn't because they were stuck at home, or because they just didn't know where to start. I found it super rewarding being able to help people during this crisis.”*

- My FED Farm Garden Volunteer



*“Being a part of My FED Farms really helped me to find a purpose and human connection during quarantine. This initiative made a huge impact on my mental health”*

- My FED Farm Garden Volunteer

*“My favorite was dropping off planters where kids were present and how excited they were to be involved. I didn’t grow up gardening and it feels amazing to help contribute to the community and foster what might be a lifelong shift in food security for that child.”*

- My FED Farm Garden Volunteer



# My FED Farm Moving Forward

It is our hope to have empowered individuals to start and continue growing their own food who otherwise wouldn't have had the opportunity to do so.

We believe that collectively we have the power to reshape the food growing scene in Victoria, reconnecting people with their food and giving them the resources to supplement their diets with home grown produce.

The team behind My FED Farm will continue to provide educational resources to our garden recipients to support them in their growing journeys & we will be re-launching the program in early 2021!

# Follow My FED Farm

Follow us on social media [@FoodEcoDistrict](#) to stay up to date with My FED Farm and to apply for next year!

# My FED Farm

Thank you for helping to make this possible! We are beyond grateful for the outpouring of support from our community. Thank you to each and everyone of you for each grant, donation, hour volunteered, word spread and so much more.

Together we were able to make a big impact in our community.

Let's Keep Growing!