

GROUP 7

NURSING PROCESS SUMMARY

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**NURS 289: INTRODUCTION TO NURSING ROLES AND
PRACTICE I**

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MARCH 25, 2021

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Assessment:

Initial Data Collection:

Community Core	Data
<p>History – What can you glean by looking? Is this an established neighborhood, or new. Is there a specific history associated?</p>	<p>Named after Senator Matthew Henry Cochrane who established Cochrane Ranch in 1881. It was given townsite recognition in 1885.</p> <p>Many people left Cochrane during the war years but it still acted as a service centre for the rural population.</p> <p>Economic prosperity came around in the 1970s.</p> <p>Today, Cochrane is still noted for its western heritage, unique buildings and popular Main Street, as well as its small town hospitality. With the completion of the downtown revitalization and celebration of the town's centennial in 2003, Cochrane has become a popular tourist attraction for many. The town has had a steadily increasing population over the last decade and the 2019 municipal census boasted an official population of 29,277 residents</p> <p>https://www.cochrane.ca/351/History-of-Cochrane</p> <p>2020 community housing needs assessment</p> <p>“The key findings of the research show Cochrane is a fast-growing community, residents are ageing, a greater diversity of housing options is needed, lower-income renters need non-market housing options, partnerships are required to deliver housing and transitional and short-term housing options are needed throughout the community.</p> <p>The study saw 224 people respond to the Cochrane Homelessness Estimation Survey and 272 people respond to the Cochrane Housing Needs Assessment. They also hosted four focus groups and seven telephone interviews</p> <p>Rapid growth is expected to continue with an estimated 52,210 people living in the town by 2046. In that time the greatest population growth is anticipated to be couples without children who are expected to increase by 138 per cent, and the lowest growth is expected to be couples with children at 89 per cent</p>

When talking about the affordability of housing the conversation is centred on the cost of having a roof over one's head— Anything that requires more than 30 per cent of an income is considered unaffordable.

In Cochrane 17 per cent of households spend more than 30 per cent of their income on shelter costs— 14 percent of these are homeowners and 36 per cent are renters.

The Cochrane Homelessness Estimation Survey saw 58 per cent of participants indicate their current housing situation is unstable or they could easily lose their housing cited the growing need for seniors housing as an example. The study indicated that those who are 85 and above in age will see the highest increase of 379 per cent by 2046.

<https://www.cochranetoday.ca/local-news/study-reveals-need-for-additional-affordable-housing-in-cochrane-3143152>

Demographics – what sorts of people do you see? Age? Families?

- Survey doesn't reflect individuals under the age of 18, and limited data supporting those between 18-24 (Gap in data for young people)
 - Majority of those who participated in the survey were between the ages of 35-44
 - Average of 2 adults per household
 - Average of <1 minor per household
 - about 1.6 members per household are employed
 - Almost 100% of individuals are currently able-bodied
 - Majority of people are Canadian citizens, few permanent residents, Metis, First Nations
 - Majority of individuals live in Cochrane, some in Rural Rockyview, Bragg Creek
- Population
- Total = 25,289
 - 0-14 years = 5,370
 - 15-19 years = 1,395
 - 20-24 years = 1,225
 - 25-29 years = 1,685
 - 30-34 years = 2,075
 - 35-39 years = 2,095
 - 50-54 years = 1,780
 - 55-59 years = 1,680
 - 60-64 years = 1,475
 - 65 + years = 2,900
 - Average age of the population 37.2
 - Median age 37

Household data

- 1 person households = 1,785

- 2 person households = 3,605
- 3 person households = 1,655
- 4 person households = 1,650
- 5 + person households = 850
- Average household = 2.6

First language spoken

- English = 24,635
- French = 570
- English and French = 50
- Neither English or French = 40
- Official language minority (number) = 595
- Official language minority (percentage) = 2.4%

- Aboriginal languages = 15
- Non-aboriginal languages = 1,800

Language spoken most often at home

- English = 24,075
- French = 230
- Non-official languages = 600

Income:

- Number of total income recipients aged 15 years and over in private households = 18,995
 - Median total income in 2015 among participants = \$51, 037
- Percentage with total income
 - Under 10,000 = 2,250
 - 10,000-19,999 = 1,980
 - 20,000-29,99 = 19,915
 - 30,000-39,999 = 1,640
 - 40,000 - 49,999 = 1,565
 - 50,000 - 59,999 = 1,520
 - 60,000 - 69,999 = 1,315
 - 70,000 - 79,999 = 1,170
 - 80,000 - 89,999 = 1,025
 - 90,000 - 99,999 = 815
 - 100,000 and over = 3,800
- Median total income of households
 - 114,078
- Low income status
 - 0-17 years = 6,260
 - 18-64 years = 16,100

○ 65 + = 2,720

Immigrant status

- Non-immigrants = 21,560
- Immigrants = 3,190

<https://www12.statcan.gc.ca/census-recensement/2016/dp-pd/prof/details/page.cfm?Lang=E&Geo1=POPC&Code1=0191&Geo2=PR&Code2=48&SearchText=Cochrane&SearchType=Begins&SearchPR=01&B1=All&GeoLevel=PR&GeoCode=0191&TABID=1&type=>

Distance to:

Calgary city limits: 22 kilometers

Calgary downtown: 35 kilometers

<https://www.cochrane.ca/386/Demographics>

Cochrane Foodbank-

-all ages use the foodbank with about 43% being children

-Approximately 88% of the Cochrane Activettes Food Bank revenue comes from donations from our community.

-Since 2014 the Cochrane Food Bank has seen an increase in weekly hampers from 615 to 1007 for 2017. That is a 63% increase in demand.

(<https://www.cochraneactivettes.com/activette-news/>)

COCHRANE— Embracing the season of giving, the Cochrane Activettes helped 288 families, or 975 individuals, 419 of whom were children, through its Share Your Christmas hamper program.

<https://www.cochranetoday.ca/local-news/cochrane-activettes-help-nearly-300-families-over-holiday-season-3223831>

Ethnicity – do you note indicators of different ethnic groups? Specific ethnic shops/restaurants?

- Albertan, East Asian, White, European
- The minority population consists mainly of
- Filipino = 31.53% of the minority population
 - South Asian = 14.92%
 - Black = 12.2%
 - Chinese = 9.83%
 - Latin American = 9.5%
 - Arab = 5.42%
 - Southeast Asian = 5.1%
 - West Asian = .68%

	<ul style="list-style-type: none"> - Korean = 6.1% - Japanese = 4.75% <p>The Aboriginal population</p> <ul style="list-style-type: none"> - Metis = 62.26% of the aboriginal population - First nation = 36.8% - Registered or treaty indian status = 0.94% <p>https://townfolio.co/ab/cochrane/demographics</p>
<p>Values and Beliefs – are there churches, mosques, temples? Do you advertisements for youth groups, children’s groups, family supports?</p>	<p>Churches in/near Cochrane:</p> <ul style="list-style-type: none"> - Canadian National Baptist Convention - Tapestry Church - Mount St. Francis Retreat Centre - King’s Gate Church - Bow Valley Baptist Church - Cochrane Alliance Church - St. Andrews United Church - All Saints Anglican Church/AZ Preschool - Grace Church of Cochrane - St. Peter’s Lutheran Church - St. Mary’s Catholic Parish Cochrane - RockPointe Church (Bears paw) <p>Closest Mosque:</p> <ul style="list-style-type: none"> - Islamic Association of NW Calgary <p>Closest Sikh Temple:</p> <ul style="list-style-type: none"> - Sikh Society of Calgary (SW) <p>Closest Buddhist Temple:</p> <ul style="list-style-type: none"> - Akshobya Kadampa Buddhist Centre (NW Calgary) <p>https://www.cochrane.ca/392/Clubs-Groups-Teams</p> <p>Service Organizations in Cochrane:</p> <ul style="list-style-type: none"> - Big Brother Big Sisters of Calgary and Area <p>https://bbbscalgary.ca/about/</p> <ul style="list-style-type: none"> - Mission: allow life changing mentoring relationships to encourage the power and potential of youth - Vision: all youth realize their potential <ul style="list-style-type: none"> - Cochrane Ag Society <p>https://www.cochraneagsociety.com/</p> <ul style="list-style-type: none"> - Vision: provide facilities and programs that reflect regional heritage, bridging town and country for a strong community

- Values: have good relationships with members, customers, and stakeholders, support and contribute to a greater community, be financially responsible and sustainable, give good service

- Cochrane Babysitting Co-op

- Cochrane Environmental Action Committee

Objectives: increase awareness about the interrelationships with our natural environment and impact of our choices on the health of our world, promote participation and hope through the challenge of creating a sustainable future, create partnerships to increase effectiveness, promote environmental responsibility

<https://cochraneenvironment.org/about-page/>

- Cochrane Home Educators

<https://cochranehomeeducators.com/>

- Mission: provide physical education literacy and wellness program for homeschooling families

- Kiwanis Club for Cochrane and Area

<https://www.facebook.com/KiwanisCochrane/>

- Seniors for Kids Society

<http://seniorsforkids.ca/about-us/>

- Mission: provide resources to build relationships between seniors and youth to improve quality of life for both groups

- Youth Justice Committee

<https://informalberta.ca/public/organization/orgProfileStyled.do?organizationQueryId=1008215>

- Prevent youth crime in Cochrane through public education

Youth Organizations:

- Army Cadets

- Part of King's Own Calgary Regiment: created as a charity to maintain the traditions of the Regiment to help fund the heritage, education, and welfare programs not funded by Department of National Defence

- Boys and Girls Club of Cochrane and Area (BGCCA)

<https://www.bgccochrane.ca/about-us/our-vision-guiding-principles-and-core-values>

- They have the role to be leaders in meeting with youth and families in the Cochrane area
- Programs such as out of school care, youth programming, day homes, and youth emergency support services
- Mission: safe and supportive area where youth can find new opportunities, overcome barriers, build supportive and good relationships, and promote confidence and skills for life
- Values of the program: respect, belong, encourage and support, work together, speak out

- Brownies, Guides and Pathfinders
 - Cochrane First Scouting
 - Cochrane Zero Gravity Skate and Bike Park
 - Junior Forest Wardens, Company of Adventures
- Family Supports
- FCSS (Cochrane Family & Community Support Services)

Subsystems	Observations/Data
<p>Physical Environment –how does the community look? Is there green space? Air quality? Environmental concerns?</p>	<ul style="list-style-type: none"> - Some small lakes, large open green spaces, bow river passes beside this community, forest areas (some with pathways for walking or riding bikes), there are some hills, right beside the mountains, air quality look good - Can determine cleanliness once in cochrane (although from some photos it looks pretty clean) - Found this info by looking at photos on google maps (https://www.google.com/maps/place/Cochrane,+AB/@51.1854838,-114.5190245,12.99z/data=!4m13!1m7!3m6!1s0x5371408275572407:0x500a39043510e80!2sCochrane,+AB!3b1!8m2!3d51.1917968!4d-114.4667171!3m4!1s0x5371408275572407:0x500a39043510e80!8m2!3d51.1917968!4d-114.4667171) - Prone to floods: 2019 https://www.discoverairdrie.com/local/cochrane-experiencing-localized-flooding
<p>Health and Social Services – Evidence of acute or chronic health conditions? Where are social services facilities, hospitals, shelters, clinics and other supports?</p>	<ul style="list-style-type: none"> - Most people do not use any of the food resources in Cochrane - The Cochrane good food box is the most used - About 65% of people have food security and 35% are worried about food security - Most people are satisfied with food sources that fit their needs (95%) - Existing Food Resources (Food & Essentials Cochrane, AB - Official Website) <ul style="list-style-type: none"> - Cochrane Food Bank <ul style="list-style-type: none"> - Multiple pick up times - Don't need to demonstrate financial hardship - Freezer meal delivery program (FCSS) - Lunch to go program (St. Andrew's Church) - Good Food Box

	<ul style="list-style-type: none"> - Produce box for a fee - Cochrane community Gardens Facebook Page <ul style="list-style-type: none"> - Residents sharing their gardens - Cultivate Cochrane <ul style="list-style-type: none"> - Gardening basics guide - Resource guides for budgets, leftovers, meal planning - Information on how to start your own garden - Cochrane Urgent Care (<u>Medical & Health Resources Cochrane, AB - Official Website</u>) <ul style="list-style-type: none"> - Within community health centre - Open 7 days a week 8am-10pm - HealthLink Alberta <ul style="list-style-type: none"> - Telehealth 24/7 - Mental Health services (<u>Health & Wellness Cochrane, AB - Official Website</u>) <ul style="list-style-type: none"> - Lots of online resources with COVID - Not many specific to Cochrane - mostly alberta wide or calgary and area - Cochrane Pregnancy Care Centre <ul style="list-style-type: none"> - Downtown - <u>Need-Resources-ad (cochrane.ca)</u> - Cochrane Society for Housing <ul style="list-style-type: none"> - Within FCSS building - Cochrane Women's Emergency Shelter Society <ul style="list-style-type: none"> - FCSS - Helping Hands Society of Cochrane and Area <ul style="list-style-type: none"> - FCSS - Small volunteer jobs: drivers, snow clearing, newcomer help, moving assistance, visitation - Lots of health and social services appear to be located downtown Cochrane <ul style="list-style-type: none"> - <u>Cochrane Cares Final Report June15.pages</u>
<p>Economy – Is it a thriving community or does it feel rundown? Are there places of employment, stores, industries, or development?</p>	<ul style="list-style-type: none"> - Many of the people who took the survey are employed full time - Not many students (possibly because 18-24-year-olds were not represented) - Many people retired - Places of employment/stores: Costco, Superstore, Co-op, Shoppers drug mart, local butcher, food trucks, local egg distributor, farmers markets - Covid has not impact most people's ability to get food (79%) - Biggest expenses for individuals living in Cochrane are rent mortgage, food, property tax, transportation, utilities, child care - Median household income is \$113500 - 7.0% unemployment rate and 69.2% employment rate

Transportation and safety –
 how do people get around?
 Are there buses, private
 vehicles, transit for
 physically disabled, taxis,
 bicycles? Do you see
 sidewalks, road, trails and
 what is their condition? What
 type of protective services are
 there? Are there some
 informal protective services
 such as NeighborhoodWatch?

- “on-it” regional transit brand
 - Cochrane Transit Hub (360 Railway St. W.) to Brentwood LRT Station/UofC
 - Cochrane Transit Hub to SAIT and Downtown Calgary
 - Cochrane Transit Hub to Foothills Hospital and –Downtown Calgary
 - Potential summer route to Banff
- COVID impact has led to a significant decrease in the demand for transportation
- Taxi4u Cochrane, cochrane taxis, cochrane cabs
- COLT Cochrane on demand transit
- Traffic enforcement : community peace officers enforce traffic safety act, speed limits, bike paths, RV/Trailer parking
- Cycling Rules:
 - Pedestrians have the right of way on pathways at all times.
 - Slow down and give plenty of audible warning when passing (bells/horns are required equipment)
 - Obey the speed limit: 20 km/hr
 - Ride in single file
 - -Safety Rules:
 - 50 km/h unless otherwise indicated
 - 30 km/h in playground and school zones
 - 20 km/h in alleyways
- Protective services:
 - -Animal services: animal bylaws including dog/cat license fees, healthy pets
 - -Dandelion and Weeds: weed-related responsibilities for property owners
 - -Playground zones
 - Sharing the road with cyclists
 - Summertime responsibilities for homeowners
- bear warnings on cochrane website
- Lots of bike trails
 - Glenbow ranch provincial park
 - Riverfront park
 - Cochrane ranche
 - Mitford Park

<https://ridecolt.ca/>

<https://www.cochrane.ca/DocumentCenter/View/1963/Regional-Transportation-and-Complete-Mobility-CRP-April-13-2015-presentation?bidId=>

<p>Politics and government – are there signs of political activity? What is the governmental jurisdiction of the community? Is this a town? A city? Is there a town council?</p>	<ul style="list-style-type: none"> - Government Cochrane, AB - Official Website - Cochrane town council <ul style="list-style-type: none"> - Mayor + 6 council members - Mayor: Jeff Genung - Elected October 2017 - Chief Administrative Officer <ul style="list-style-type: none"> - Bridge between admin and council - Aid in policy decisions - Subsections of council <ul style="list-style-type: none"> - Boards and committees - Cochrane, Alberta - Wikipedia - MLA: Peter Guthrie (UCP) <ul style="list-style-type: none"> - Cochrane-Airdrie constituency - MP: Blake Richards (Conservative) <ul style="list-style-type: none"> - Banff-Airdrie constituency - https://www.cochrane.ca/ArchiveCenter/ViewFile/Item/181
<p>Other</p>	<ul style="list-style-type: none"> - It takes the majority of people about 5-15 mins to get to food source - Save on foods, safeway, walmart and no frills are the most popular - The farmers market is not used as frequently - Most popular local food sources are the farmers and local food pop-ups - Almost 30% of people do not purchase locally - Almost 100% of people want to see more locally grown food in Cochrane - 50% of individuals grow their own food and just under 50% do not grow their own food - https://cochraneenvironment.org/cochrane-farmers-mark/ (this is some info on Cochranes farmers market) - It's an outdoor farmers market run entirely by Cochrane Environmental Action Committee (CEAC) volunteers and proceeds help make cochrane more environmentally friendly and make it a more active community, Spring Market, the Cochrane Street Market and the Cochrane Christmas Farmers' Market are available to people can shop at the market all year round
<p>Communication – Are there common areas where people gather? Is there evidence of radios, TVs, computers, etc. Are there newspapers/bulletin boards, community events Announcements?</p>	<ul style="list-style-type: none"> -Community fire pits <ul style="list-style-type: none"> ● First-come-first-served, no reservations -Recreation Field Bookings <ul style="list-style-type: none"> ● the town dedicated three outdoor spaces for recreational use -Block party <ul style="list-style-type: none"> ● This fall Mackay's is offering free ice cream to encourage residents to plan block parties where the town encourages others to meet neighbors, make new friends, and enhance community safety/awareness -Community art projects -New rinks coming soon <ul style="list-style-type: none"> ● Directly across from FCSS

	<p>-Lots of facebook groups</p> <ul style="list-style-type: none"> ● Cochrane & Area Recommendations ● Cochrane, Alberta buy and sell, no silly rules! ● Cochrane Shop and Swap ● Cochrane Side Jobs ● Cochrane and area homeschoolers ● ETC!!
<p>Education – are there schools in the area? How do they look? Are there libraries and computer access within community centres? Is there access to all levels of education within the community?</p>	<ul style="list-style-type: none"> - Elementary Schools - 8, Middle School - 1, High School - 3 (https://www.cochrane.ca/407/Schools) - Will be able to determine how they look once in cochrane - There is a public library which is closed right now due to COVID, but have curbside pick up right now (there are computers available, printing, scanning, faxing, wifi, programs and events, have homework and job help, book and video game rentals) (https://www.cochranepubliclibrary.ca/) <p>Cochrane schools fall under rocky view schools, calgary catholic school district and home educators. https://www.cochrane.ca/407/Schools</p>
<p>Recreation – where do the children play? What are the forms of recreation? Who is participating? Is there access to facilities readily available? Cost?</p>	<p>Where they post their agenda: https://www.cochrane.ca/935/Parks-and-Recreation-Committee</p> <p>Fun activities (2020) https://www.cochrane.ca/DocumentCenter/View/406/Program-and-Activity-Guide</p> <p>Spray Lake Sawmill Family Sports (closed) Cochrane Gym Spray Lake Sawmills Family Sports Centre Cochrane</p> <ul style="list-style-type: none"> - Swimming, hockey, basketball... - Spray park - Facebook page - Positive feedback (4.5/5) from 500+ people <p>Map: https://www.google.com/maps/@51.1851822,-114.4772387,3581m/data=!3m1!1e3 - close to the main town. Fb page: https://www.facebook.com/slsfsc/</p> <p>Ghost Lake</p> <ul style="list-style-type: none"> - About 20 mins from cochrane - Winter: Skate to the frozen lake, bonfire - Summer: boating, kayaking, camping <p>Sport 4 Life:</p> <ul style="list-style-type: none"> ● Physical literacy project ● http://www.sport4lifecochrane.com/ <p>Organized sports:</p> <ul style="list-style-type: none"> ● Hockey <ul style="list-style-type: none"> ○ http://cochraneminorhockey.com/ ○ https://www.cochranerechockey.ca/

- Football
 - <http://cochranefootball.com/>
- Soccer
 - <https://www.cochranerangers.com/>
 - <http://932kick.com/>
- Quidditch
 - <https://www.facebook.com/cochraneyouthquidditch/>
 - https://quidditchcanada.usetopscore.com/en_ca/e/cochrane-youth-program-winter-2020
- Baseball
 - <http://www.cochraneminorball.ca/>

Windshield Survey:

As a group, we travelled to Cochrane to complete a windshield survey of the community. We visited various locations including some of the programs highlighted by our initial data collection. The windshield survey gave us an opportunity to explore the community and identify potential strengths and weaknesses related to food access in the Cochrane area.



Key Informant Interviews:

To gain a further understanding of the community of Cochrane, we conducted a number of key informant interviews to obtain some insider perspectives of the community and its needs. We collected an abundance of information from our interviewees and their perspectives played a major role in the development of our project. We had the opportunity to get in contact with various members involved in the Cochrane and Area Food Group including Kathy, Valerie, April, Carley, Heidi, Jackie, and Kristen. Each key informant interviewee provided us with a unique perspective regarding food security in Cochrane and their words prompted us to think more critically about the needs of the community.

Jackie Key Informant Interview:

Cultivate Cochrane

February 12, 2021

Attendees: Jackie Skrypnek, Alexandra Hontzias, Manpriya Kaur Johl

1. What is your definition of food insecurity? Food security?

- Food security- Individual level where it means reasonable access and affordability of fresh healthy food. The cultural and community level where we can feed ourselves the land and resources that can produce what we would need to survive. Food insecurity would be the opposite of that.
- Food sovereignty- Not really about everyone having access to food and more about growing food in local areas.

2. As the president of Cultivate Cochrane, how do you and your team support or promote food security in Cochrane? What has worked the best for you and your team?

- Build community around food and the skills and knowledge to be able to feed ourselves in a difficult climate. Greenhouse hub helps in one way to extend our growing season. We can feed ourselves for maybe four months but we become reliant after that. We want to do this in an energy efficient and sustainable way. -Solutions to feeding ourselves in this climate and integrate the new knowledge into the culture and as a culture we understand how to feed ourselves on a larger scale. Bringing in intergenerational knowledge of skills as well and bringing knowledge together from different areas.
- Some hands-on workshops before covid, most popular were to offer something that people can learn about growing food around here. Last spring, there were some online guides for what people expressed interest in like gardening, seed saving etc. Practical skill based offerings with an educational piece to it.

Community garden

- It's not a community garden model, looking at the space that has a lot of food growing but different ways that the community can be involved in that like schools coming in and playing around with soil and what can grow here, seniors volunteering here, local stuff utilized (distilleries) a gathering hub with educational workshops on how to grow and prepare food and everyone flowing in and out.
- Demonstrate and experiment of pushing how much we can grow here and demonstrating the solar design to see if people will want to take that and run with it.

Cafe Idea

- Revenue generating space as an idea. A cute little drink space using the food grown

3. What are some strengths and what are some of the greatest challenges/threats Cochrane faces in regards to food security? And how can those gaps be addressed?

Strengths

- Food sovereignty- farmers market is a great asset, outlet for local producers to connect with consumers.
- Decent interest in activism in the community, community food group, used to have one for urban hens. There is a growing interest in food.

Challenges

- Survey for Cultivate Cochrane for people's interests and needs. It continues to be our climate and growing climate and how to grow food when you really can't. Generational gap in knowledge to grow food in this climate or any climate. Cochrane is relatively wealthy and pretty small so there's not really the concern that people can't afford basic stuff.

To address

- If Cochrane was on board with this as a priority. Local food and policy that supports local food and growing it here. For example, is it reasonable to raise hen, municipal support for water and soil and food and local producers and town supporting the farmers market. Need solid support from the residents in the town. Not many people know about CC, maybe what we could be working on is a map of resources.
- If we had a visual map of regional food resources it would be really cool.

4. What type of intervention would best serve the community of Cochrane in terms of food security?

- Food policy from town
- Priority around setting aside space for food growing and support there or expense for neighborhood to set it up if they don't have a lot of yard space
- Greenhouse hub having support of town and had the same importance as a facility for sports but as a facility to feed ourselves.
- High level support from town.

5. Who would you recommend to be involved in or lead the intervention process?

- How could the town support local producers and what could work for them.
- We don't have a lot of people who use the food bank that is sitting at the FCSS table
- Local growers around Cochrane such as the Saskaberry Ranch. There is meat and frozen berries, eggs and they come into town and people buy off his van.
- Talk to Valerie who manages farmers market

6. What questions or concerns does the community of Cochrane approach you with?

- Basic gardening skills and maybe going beyond that to extend the growing season. Some people are new to the area and can't understand the climate or have kids and think this is important or this covid thing and worrying about being cut off so people just not really knowing how to grow food.
- Ways to bring support for local and regional food and making it affordable there's a reason grocery stores are cheaper if cost wasn't a barrier to choosing local and regional. We consciously pay more for local stuff right now.

7. Is there anything else you would like to add in regards to our project or around food security in Cochrane?

- High tech food growing solutions are coming out and there may be potential but we need to understand how to steward the soil and that's how we get nutrition benefits and health. Focus on ecological food growing not high tech food growing solutions that distance us from the earth.
- BED AND BREAKFAST!!- tiny house in backyard and its passive solar as well, sun to heat. Using the garden to put it on the menu and those ingredients.
- Perennials growing in the yard getting that system going. Freeze it and use it or use it if it's in season.

Kathy Key Informant Interview:

Food Bank

February 12, 2021

Attendees: Kathy Tucker, Lauren Evison, James Li

- 1. What is your definition of food insecurity? Food security?**
 - Food Insecurity - When things happen to prevent people from being able to acquire their regular livable foods
 - Food Security – When people have regular and immediate access for the foods they need
 - Giving people plenty of food options and self sufficiency in terms of foods (not just grocery stores)
- 2. As a chairperson of the Cochrane Foodbank, how do you and your team support or promote food security in Cochrane? We were wondering if you could tell us a little bit more about what you do in that role?**
 - The Cochrane Food Bank provides a wide variety of products including canned fruit, canned vegetables, canned meat, rice, oatmeal, pasta, pasta sauce, granola, juice, beans, frozen meat, eggs, milk
 - Also provides grocery store gift cards
 - Mostly for products with wide variety, not easily stockpiled (eg. Breast milk formula)
 - Working on a new program to provide for children attending school who do not have enough to eat
 - Each hamper can last up to 3 weeks
 - Access to the Cochrane Food Bank is for the most part once a month
 - So there is more space to work with in operating the Cochrane Food Bank

3. How has being a part of the Cochrane food bank supported food security in Cochrane?

- Cochrane Activettes Group run by women
 - Community work in Cochrane
 - Largest activities are:
 - Food Bank – Chairperson is Kathy Tucker
 - Second Hand Clothing
- Kathy leads the activities of the Cochrane Food Bank
 - Anywhere between $\frac{3}{4}$ to over a regular full-time job
- Expansion to a second bay
- Provides foods to people/families in need
 - Supporting individuals that are struggling financially
- Offers other services as well
 - Victim services

4. What are some strengths of the current community food resources that are available in Cochrane?

- A variety of other agencies are available to offer food support and help to address any gaps that the Cochrane Food Bank may miss
 - Eg. Churches

5. What are the greatest challenges/threats Cochrane faces in regards to food security? And how can those gaps be addressed?

- Main issue is awareness - worry that not enough people know they are there
 - People that may need the food are not able to get it because they do not know about the Food Bank or how to access it
 - Worry that people will not access it due to personal dignity or the idea that others need it more than they do
 - They feel like they themselves do not deserve it
 - A main goal is that they try to remove limiting barriers and make it easier for people to access the Food Bank

6. In your perspective what type of intervention would best serve the community of Cochrane in terms of food security?

- Education
- Family/Community services
- Learning opportunities and engaging the public
 - Kathy tries to reach out to a wide variety of agencies to spread awareness and resources

7. Who would you suggest could be involved in or lead the intervention process? Do you have any contacts we can get in touch with?

- Unsure but look into Cochrane and Area Connections

8. What questions or concerns does the community of Cochrane approach you with?

- Most common question – “How can we help?”
 - Indicates that there is a wide net of people wanting and willing to help
- How can we make sure we are reaching everyone and ensuring public awareness?

9. Is there anything else you would like to add in regards to our project or around food security in Cochrane?

- The community of Cochrane is an extremely supportive and tight knit community

- With donations, food, volunteering hours
- Extreme levels of support following Covid-19
 - Increase in volunteers
 - Increase in food donations from wide range of restaurants

April Key Informant Interview

Helping Hands Society of Cochrane and Area

February 12, 2021

Attendees: Kia, Yemi and April Baird

1. What is your definition of food insecurity? Food security?

- April believes that food insecurity is the inability to purchase food normally due to a lack of resources in the community.
- Grocery stores' inability to meet people's demands.
- What the grocery store can provide per time regardless of having money to purchase items.

2. Would you be able to expand on your role as a food security manager with Helping Hands Society in community wellness? How has being a part of Helping Hand Society supported food security in Cochrane?

- April's job is to promote food security in the community to assist vulnerable citizens and to promote volunteerism. They link people who need help to people who can provide help.
- Access free food from the convention center, Ghost River, for anyone like people who've been in an abusive relationship - and no questions asked from them.
- Churches delivered 10-20 meals of soup weekly.
- Veteran housing units
- Open freezer - food that is available to anyone without any questions asked.
 - The number of people who take these meals is not being recorded.

3. What are some strengths of the current community food resources that are available in Cochrane?

- The only organization is responsible for stocking the food bank. They get all the food supplies (but not the perishables) from a whole bunch of people, properly package and arrange in a way most convenient for the food bank to access.
- Look out for Partnership to come up with Emergency meals - strength in the community. Partnered with a convention center at Ghost river. The convention center provided them with 40 - 60 prepared freezer meals and about 40- 60 freezer soups. These meals are given out to organizations like FCSS, churches, and others to be distributed to people that need them without any question asked. Could not provide an estimate of people accessing the emergency meals.
 - Supplement gaps in a food hamper in the community
 - 1 hamper - 1 month - doesn't matter how many people come with gift cards to use to purchase perishables, birthday packages, gifts are given out.
 - 5x a year, Christmas hampers for the year.

4. What are the greatest challenges/threats Cochrane faces in regards to food security? And how can those gaps be addressed?

- One of the major challenges is lack of awareness: In Cochrane, only 1/5 families who need food access food bank, 4/5 families go hungry for some reason. Other families are not getting the help. They think that their situation is not serious enough. Choosing car payments over food resources, lack of awareness of food security.
- Another challenge is the stigma: some families don't want to.
 - 1/7 families in Canada are hungry - a big problem

5. How can we address these challenges?

- more organizations need to create more information about the food resources, more campaigns to spread, sharing socially accepted, and not stigmatized.
- In need of food, go get food.

6. In your perspective what type of intervention would best serve the community of Cochrane in terms of food security?

- In March, they will have community free fridges, free foodshed, fridge, freezer, a pantry that will be available for anyone.
- People can donate food, and people can take food anytime.
- Free community fridges is a worldwide organization
 - Food recovery centers: extra food that people don't need that can be donated and used by other people will then be distributed to other people.
 - Should be normalized. Like how hockey arena is
 - This is a big dream for April to normalized food recovery centers.
 - Every community should have this
 - Banff and Canmore are successful with this

7. What questions or concerns does the community of Cochrane approach you with?

- Where to get it? Where to find it?
- Lack of awareness - more awareness campaigns will be really helpful
- We need to protect how people feel in accessing these food services
- Reduce the stigma
- We need to consider how we can respect people and their privacy when acquiring food or help from these organizations.

8. Is there anything else you would like to add in regards to our project or around food security in Cochrane?

- Food security: food recovery center, make it as mainstream as a hockey arena.
 - April's suggestions for our project:
 - Start with providing food access maps; a list of things where we can get food, where the food bank.
 - Give people a map; community fridges, and
 - Teach people how to grow food, instead of relying on food
 - Farmer's markets are important - all year, cattle producers sell their products.
-

Valerie Key Informant Interview:

Cochrane Farmers Market

February 11th, 2021

Attendees: Rhea Parmar, Jessica Simmonds, Valerie McCracken

1. Discussed the upcoming community garden

- Valerie is not directly involved with this community garden, but because she was involved in the creation of the first community garden, she has many connections and is able to assist.
- Valerie is connected to the community garden because of the close association between food, local food, and the environment.
- The money raised through the farmers market goes directly into the community which allows for the community gardens, activities, and education

2. Discussed Valerie's definition of food insecurity and food security

- Placed an emphasis on the importance of residents having access, including physically and economically, and making sure that food is affordable and safe.
- Food should support ethnic cultures and be able to represent those who lead a healthy and active lifestyle
- Food should also be local and sustainable

3. Valerie's involvement with the Cochrane Farmers Market, and other programs supports, that impact Cochrane's food security

- Cochrane farmers market is sponsored by CEAC which is needed for a non for-profit sponsor
- Because it is non-profit many of the vendors in the farmer's market focus on how to make money, whether that is selling space or finding people to run the market
- Provincial guidelines need to be monitored
 - Encourage and allow local producers to have markets to sell their food
 - Actively look for new farmers and new producers
 - The entry fees/vendor fees are very accessible and low cost
- Low cost is because it is volunteer ran, accessible space is in high demand, and the market acts as an incubator, primarily for food businesses and farmers
- Many farmers and new producers coming with new ideas
- "Before I do this... I need to know that I will have a spot in the market"
- Easiest way to get into selling a product
- Instant feedback
- Find out very quickly what sells and what doesn't sell (incubator)
- Over the years many more businesses, sellers, growers, producers
- Not true local growers because very hard to grow
- Need greenhouses
- Local in a regional sense (Innisfail, Strathmore)
- Collaborative (not just one person involved)
 - Cultivate Cochrane
 - Food forest
 - Need companions who will take on and get through the barriers
- Working with the town is very important

- Food sovereignty
- Deal with many bylaws, multiple aspects, very challenging
- Who are the people that come forward, change bylaws, get those conversations going?

4. Contacts we can get in touch with

- CEAC
 - Warned them about alignment with us students
 - Excited about working with us
- Food connections
- Explore how farmers market could assist in diverse excess product from farmers market to food bank
 - What can I do to provide the excess food for those in need?
 - Cross-pollination of ideas/groups
 - Connecting farmers to food bank
 - Social aspect
 - Food security impacted by income (main focus)
 - Smaller level (is everyone getting access to food??)
 - Not so much the priority of if trucks were to stop coming, would Cochrane be able to survive

5. Strengths/Weaknesses of the current community food resources available in Cochrane

- **Strengths**
 - Number of organizations that are committed to connecting food and people
 - Example: Helping hands, food bank, and organizations addressing the social lead
- **Challenges**
 - Making sure the organizations listed above are being utilized
 - Perhaps making them more robust and multi accessible
 - Making it accessible for those who may have a tough month but not necessarily those in need every day (intermittent need)
 - Awareness
 - People do not know where to access the farmers market
 - Think the market is for the rich people
 - Think the market food is high priced
 - Stigma that local food is more expensive (how do we overcome it?)
 - Most people don't know how to contact a farmer??
 - Connections of what is out there
 - Buy ¼ of beef? How?
 - They do the shopping and do not understand where the food comes from?
 - Lost connection to foods and seasons: what grows here and what doesn't??
 - Challenged in terms of own local food and food security by climate and geographical location
 - Just being more creative and broadening the idea of local
 - Making people aware regarding how important local food is
 - Giving Local food value and understanding the importance
 - Shared understanding/appreciation → people will reciprocate

6. Those who understand the importance make an effort to keep coming

- Farmers market association
- Open farm days
- Go visit farms/talk to a farmer
- Take people out to get them to appreciate
- Would be able to get connections
- Very busy
- Need this much of time
- Convenience

7. What type of intervention would benefit the community of Cochrane in terms of food security? And what can we do to develop this intervention?

- Stated that this is a difficult question because they're so many entry points that affect change
- Our intervention depends on which area we want to focus our intervention on
- For example, CEAC focuses on the phrase "reach the kids." This phrase is very influential because kids go home and tell their parents.
- intervening through community engagement with their food would be a very influential focus.

8. What questions/concerns does the community of Cochrane approach you with?

- Why aren't there more farmers markets?
- Why is the farmers market only on Saturdays?
- Why isn't the farmers market year-round?
- Why can't you have chickens in Cochrane?
- Community garden questions
- Community gardens are hard and frustrating
- Andrea Blonsky
 - 1st school was at Glenbow school
 - Students did lots of the growing
 - Lawyer and gardener

9. Two ways Valerie can help with our project

1. Connections
 - Partnering with Ongrowing works, a landscape company, and could supply pots for the grow kits
 - Grow Calgary by Paul Hews
2. Financial support
 - CEAC would be more than happy to offer financial support

10. Who would and should be involved in our intervention?

- CEAC
- People in the food connections group
- Restaurants is the next level but not sure if we are there yet
- Leftovers organization

11. Is there anything else you would like to add in regard to our project or around food security in Cochrane?

- Pandemic made many people in Cochrane realize the importance of farmers
- In a weird way lots of farmers are doing better
- "what if the trucks stop coming?" → Eye-opener for many people
- Opportunity to highlight the importance of local food

12. Municipality

- Challenged because don't have affordable space
- Space is expensive
- How to do things in a collaborative way to

13. Action items

- Contact Andrea depending on our project needs
- Contact Farmers markets depending on our project needs

Kristen Key Informant Interview:

FCSS

February 25, 2021

Attendees: Jessica Simmonds, Rhea Parmar, Kristen Immel

1. Food Security Definition:

- Calgary food action plan definition: consistent supply of safe and nutrition food that's not vulnerable to high prices, natural disasters
- Protect air, land, world by reducing greenhouse gas emissions
- Looking at it holistically & positive effect

2. Food Insecurity Definition:

- Inability to access adequate food, largely due to financial restraints. Looks at insecurity through a health perspective lens
- Living wage, basic living guarantee

3. Expand on role in community wellness and liaison:

- New position created by town, hard to explain because it is going through lots of planning & development
- Tax information workshops
- Employment related workshops
- Mental health component, (Canadian mental health association)
- 5:5 people have mental health (everyone)
- Youth focused mental health project right now
- Food security word
- Food committee, research,
- Alberta living wage network
- Municipalities looking at living wage to meet basic needs and slightly beyond
- Rocky view adult view board member
- Equity and inclusion activity
- Environmental activity
- Tamarack institute: cities reducing poverty

4. Promote food security:

- FCSS about prevention and capacity building for other people and organizations
- Community development: bringing people together

- Not so much leadership but rather providing tools, resources, and spaces for people to build their own capacity
- Started group with Carley because saw a gap in the community and wanted to address it
- Municipality role: greater connections
- Example: gave presentation of the project to the mayor and raised lots of awareness

5. Being part of FCSS promoting:

- 211: Call for social support anywhere across Alberta
- FCSS is the place people are directed to in Cochrane and the first point of contact
- Referrals
- Triaged out into the community appropriately depending on concerns which gives people the support they need in a timely manner

6. Strengths

- Food bank: not actually determined by your income whereas Calgary does
- Variety of resources
- Easy system to navigate because not as large
- Lots of informal food projects
- Many resultants donating meals to people in the community
- Cochrane and area food connections
- Established Farmer's market
- Variety of grocery stores
- School lunch program

7. Challenges/threats and how can we address

- Existing system for the basic living wage does not provide enough stability
- As a result, lots of mental health issues are arising
- Poor health outcomes: diabetes, obesity, depression, heart disease
- Food insecurity correlates with high rates of homelessness and incarceration
- Lack of awareness of programs
- Stigma around programs
- Not many learning or educational opportunities for food in general
- Rapidly growing population resulting in needs growing and an increasing limited amount of resources
- Concern with Covid-19 and the government spending, how will this affect our needs in the future?

8. Interventions best serving Cochrane

- Different community associations have local producers set up and sell their food
- Addresses issues about location/convenience
- Some setting up at C-train stations

9. Questions community approaches Kristen with

- Food Rescue questions and bringing up the idea from Canmore
- Wanted options for middle-income people or people with salaries that change each month

10. Action items

- N/A
-

Carly Key Informant Interview:

Public Dietitian for Cochrane

February 26, 2021

Attendees: Alex Hontzias, Carly O’Kane, and Nicole Millar

1. What is your definition of food insecurity? Food security?

- Carly believes that food insecurity is related to food accessibility – specifically access to food that is healthy, safe, budget friendly, culturally aware...etc
 - On the other hand, food security is accomplished when you can access all of those things.
 - Food security may vary on a community level based on the availability of food. Specifically, with regards to food sovereignty in the community. For example, if the borders around Cochrane were to close, would you be worried about access to food? YES

2. As the public dietitian for Cochrane and the surrounding area, how do you and your team support or promote food security in Cochrane? What has worked the best for you and your team?

- Carly noted that socioeconomic factors relating to income are major determinants of food security in a community.
- On a community level Carly and her team have focused primarily on food education
 - Helping people find and access healthy foods
 - Teaching people how to prepare a variety of foods
 - Educating the population about the resources available and providing information on how to access those resources
 - Collaborations with the family resource network, food bank, and FCSS
 - More specifically, Carly has worked with Leslie swan and Kristin to create food videos for high-risk populations in the community. These food videos focus on preparing meals with foods that are budget friendly, nutritious, and can be found at food bank.
- On a public level
 - Carly has worked to rally the government to enhance support for resources and future projects
- Going forward
 - Carly would love to see subsidized versions of food delivery services such as hello fresh. This has been done in the bow valley with success therefore Carly believes it would be a great way to connect the community of Cochrane to healthy budget friendly foods

3. What are some strengths and what are some of the greatest challenges/threats Cochrane faces in regard to food security? And how can those gaps be addressed?

- **Strengths** – Carly noted that the community of Cochrane is very supportive and highly involved. Therefore, including the community in the process is very important.
- **Challenges** – Carly mentioned that the lack of production and lack of awareness of resources is a major challenge to food security. No fruits or vegetables are grown in large quantities in the Cochrane area due to climate and harsh conditions. Therefore, Carly likes the idea of supporting Cultivate Cochrane’s initiative to build a community greenhouse. In addition, Carly believes that a lack of knowledge can be addressed through the education of children. Carly loves the idea of plant kits, and community gardens. She hopes to make gardening more commonplace.

4. What type of intervention would best serve the community of Cochrane in terms of food security?

- Carly mentioned that there is a lot of stigma surrounding food support, specifically in regard to the utilization of the foodbank. Therefore, Carly believes that developing a pay what you can family food market would be a great way to combat this issue. Furthermore, having the market at schools will allow people to readily access this resource. Carly additionally, thought that incorporating foods that would have otherwise been wasted (like food donations from Save-on-Foods) would be a sustainable way of achieving a low budget market.
 - Her goal is to create a market that supports dignity and is accessible to all
 - Carly also noted that many schools in Cochrane use part of their budget to donate a meal or snack to students who do not come to school with a lunch. However, Carly would like to see more nutritious foods in school as many of the donated foods include low quality meals such as mr. noodles. Carly was hoping to partner with Chris, a local chef at fence and post, to make and package foods for schools with ingredients that would have been wasted otherwise.
 - In addition, Carly mentioned that all of the grocery stores in Cochrane are located in the same area and people who are not as mobile have a difficult time accessing food services. Therefore, meal kits for seniors would be a great project to pursue in the future.

5. Who would you recommend being involved in or lead the intervention process?

- Carly believes that any project needs to be led by the community. In order for an intervention to be successful it needs the full support of the community.
- The needs to spearhead any project or intervention in order to have a profound impact

6. What questions or concerns does the community of Cochrane approach you with?

- Carly is often approached with questions regarding food preparation:
 - What to do with food?
 - How are you creative with your food?
 - How do you make food taste good?
 - Therefore, Carly focuses on programs or interventions that address these questions specifically in regard to low budget foods. She commonly addresses ways to make low budget food nutritious and taste good.

7. Is there anything else you would like to add in regard to our project or around food security in Cochrane?

- She would love to see more greenhouses in Cochrane – more commonplace
 - Again, she mentioned the pay what you can market. She would love to work with the staff at Fence and Post to prepare the meals with foods that would go to waste.
 - She believes that stigma reduction is another problem that can potentially be addressed by future projects. She would like food resources to be normalized.
 - In addition, Carly really liked the idea of the mapping project and thought it would be a great way to get the community involved in the various resources that are offered in the Cochrane area.
-

Heidi Key Informant Interview:

Leftovers Foundation

February 25, 2021

Attendees: Heidi Bench, Rebecca Nicole Millar, Manpriya Kaur Johl

1. What is your definition of food insecurity? Food security?

- Food insecurity- Often misconstrued even in our mission we are trying to work towards food access rather than food insecurity. Food insecurity is being unable to afford food and is a symptom of poverty.
- Food security- When they have the money to have that food and can afford it we address food access when they are hungry

2. As the VP Operations of the Leftovers Foundation, how do you and your team support or promote food security? What has worked the best for you and your team?

- When we first started there was confusion on terminology and we wanted to refine this and work to grow and mobilize the community to increase food access. We address their hunger which is short term not necessarily food security.
- We need food system change and food system solutions like universal basic income and policy change at municipal and federal level while reducing food waste at the same time
- We are not solving food security, we are part of the band-aid we are covering people off when they are hungry and advocating for ubi are things we want to do to address food security.

3. What are some strengths and what are some of the greatest challenges/threats Cochrane and even Calgary faces in regards to food security? And how can those gaps be addressed?

- **Strengths**
 - Both cities have passionate and caring people especially during this pandemic so the engagement is there and the caring is there and now it's more about communicating direction shifting towards change that will solve it.
- **Challenges**
 - Lots of programs to address food hunger but awareness on how to find and access it is difficult.
 - How do we/would we maintain dignity for those who are accessing it? It would be helpful to have technology in one place on how to access this and geographically in one place as well. We need something that ties us all together would help us be most efficient.
 - We need better education that we are addressing hunger. It is very valuable in filling gaps in the current system but it is not a solution. This is why we want to mobilize the community because the more education we have then we can actually come up with a solution rather than a band-aid.

4. What type of intervention, from your experience at the Leftovers Foundation and as part of Cochrane Food Alliance, would best serve the community of Cochrane in terms of food security?

- Food insecurity is poverty so we need to address the root problem. We need to prevent heart burn by taking preventative measures not just by taking medication to cover up the symptoms. To have food security we need to shift from food banks and food hunger programs to policy level change that will address these issues.

5. Who would you recommend to be involved in or lead the intervention process?

- It needs to be government lead we also need individual and community level where we come in as advocates and innovators

6. What questions or concerns does the community of Cochrane or Calgary approach you with?

- I go into food waste and I have more background in the environmental side of things. Questions come up such as, is the pandemic causing food waste and food insecurity? When it's really just making the holes in the system more obvious.

7. Is there anything else you would like to add in regards to our project or around food security in Cochrane?

- Food banks have been around since the 1970s and since our parents' time and they are not the solution so we need better support to help this change.
-

Analysis:

SWOT Analysis:

Strengths (internal)	<ul style="list-style-type: none"> ● Intercollaboration effort from different agencies ● A variety of agencies offer food support ● The foodbank is not actually determined by your income whereas Calgary does ● An increasing variety of grocery stores ● Easy system to navigate because not as large ● Financial support for our potential project ● Tightly knit community and welcoming community? ● Established Farmer's Market ● Lots of informal food projects ● Many restaurants donating meals to people in the community ● Supportive community - the community of Cochrane is looking for ways to get involved and supports many of the initiatives that have been put forward by various agencies ● The community will want to be involved in the process ● Over the years there has been many more businesses, sellers, growers, and producers
Weaknesses (internal)	<ul style="list-style-type: none"> ● Lack of awareness/education (not many learning resources or educational opportunities for food in general) ● Climate and geographic location difficult to grow locally - the need for greenhouses ● The stigma around food resource programs ● Making food resources accessible for those who have had a tough month but not necessarily those in need every day (intermittent need) ● Lack of alternative food options (other than grocery stores) - such as ethnic stores ● Lack of production and a lack of awareness of resources - low food sovereignty ● Stigma surrounding support - specifically regarding utilization of resources that already exist ● Stigma that local food is more expensive ● Accessibility - all of the grocery stores are in the same area - may be difficult for people with mobility issues to access groceries - in addition many of the stores do not offer delivery - many just offer curbside pickup ● While food may be available -- it may not be the most nutritious (ie. school provided snacks and lunches are mr. noodles) ● Farmers market is not available year round and only available on Saturdays
Opportunities (external)	<ul style="list-style-type: none"> ● Community open to new ideas and interest in community activism and food support ● Setting up food recovery center at various areas in the community ● An untapped market for new food business opportunities - subsidized version of hello fresh ● Potential partnership opportunities with restaurants or grocery stores to supplement nutritional needs ● Opportunities for inter-sectoral partnerships with various community resources

	<ul style="list-style-type: none"> ● Community members are interested in looking for ways to be creative with the food they have available to them (how to cook staples provided in Food Bank hampers) ● Open farm days - Visit a farmer and talk to them (Allows people to appreciate local food) ● Explore how farmers market could assist in diverse excess product from farmers market to food bank ● Intervening through community engagement with food would be a influential focus (ex: CEAC “reach the kids”) ● Opportunities to make gardening more commonplace in Cochrane ● Potential for intergenerational collaboration - older and younger individuals in the population coming together to address food sovereignty in cochrane ● Potential for collaboration with First Nations populations in the surrounding area for learning opportunities related to the cultivation of the land ● Opportunity to develop a pay what you can family food market - reduce stigma and increase accessibility ● Opportunity to foster dignity surrounding food resources ● There is interest for upstream and downstream approaches ● Potential for partnerships between local chefs and various food resources - to develop sustainable food support ● Partnerships with schools to develop healthy meals for youth who do not have access to healthy foods
Threats (external, risk of happening)	<ul style="list-style-type: none"> ● Rapidly growing population resulting in needs growing and an increasingly limited amount of resources ● The concern with Covid-19 and government spending and how this will affect the needs of individuals in the future ● Financial constraints, lack of people resources ● Existing system for basic living wage does not provide enough stability ● Poor health outcomes: diabetes, depression, obesity, heart disease ● Food insecurity resulting in high rates of homelessness and incarceration
Questions we have:	<ul style="list-style-type: none"> ● Would the farmers market be open to being open more often during the week? ● Are there after-hours services for the food bank recipients? ● How can we get the community involved in the process?

Diagnosis:

Diagnosis:

A lack of awareness to access food resources in the Cochrane area, related to barriers in communication between food resources and the community through relevant mainstream media, as manifested by our windshield survey, key informant interviews, and gaps analyzed in the survey data.

Goals: (S.M.A.R.T):

Short term goals:

- The completion of a mind map for the community of Cochrane by the end of the winter 2021 clinical focus.
- Posting/Creating the mind map on an online public domain (through AHS or FCSS or Cochrane Today Newspaper) and poster/physical copy (maybe at FCSS), where people can access and utilize this information by the end of the winter 2021 clinical focus.

Long term goals:

- The community of Cochrane will be aware of what food resources are available to them because of the mind map's placement on the Cochrane website.
- Creating a positive perspective on accessing food resources in Cochrane because of the increase in community awareness and ease of finding information on current food resources in the area.
- More people accessing food resources/services because of knowledge of food resources being in the same place.
- Awareness regarding the importance of local food. Giving local food value.

Planning:

Rationale for Using a Mind Map:

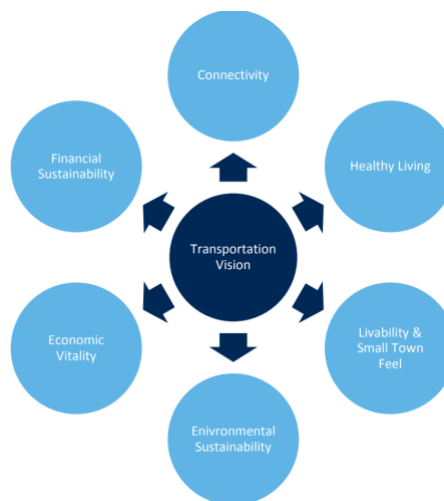
Mind maps are a useful visual tool that are used by many individuals across multiple disciplines including nursing (Vaughn, et al. 2016). The literature suggests that mind maps can be used to facilitate client education and promote positive health outcomes (Fiechtner, et al. 2017). More specifically, it has been shown that resource mapping provides clients information about the health resources that are readily accessible to them (Fiechtner, et al. 2017). Therefore, visual maps empower clients to take control over their health and well-being and engage in health promoting activities, such as seeking out health resources and services (Fiechtner, et al. 2017). In addition, mind maps are attractive and capture the attention of the user (Eppler, 2006). As such, mind maps engage the user and produce memorable results (Eppler, 2006). Studies have also shown that when used in healthcare, mind maps allow patients or clients to retain more information as they are actively sorting through the information and making connections (Michelini, 2000). Therefore, mind maps promote client education by facilitating a deeper understanding of the concepts or ideas that are being illustrated (Michelini, 2000). Finally, mind maps have been successfully utilized in community health initiatives to promote community engagement and open a dialogue with community members (Risisky, et al. 2008). As such, we believe that a mind map encompassing the various food resources in Cochrane would captivate the attention of the community and lead to positive health outcomes through the increased utilization of existing resources.

Research:

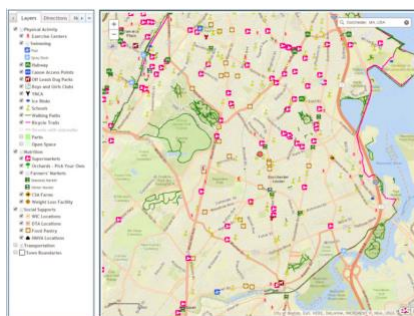
Existing Mind Maps in Cochrane:



Renewable Energy Framework | Cochrane, AB - Official Website



Connecting Cochrane



Resources for creating mind maps:

<https://www.mindmeister.com/blog/mind-mapping-benefits-who-needs-mind-maps/>

<https://www.mindmeister.com/blog/why-mind-mapping/>

<https://www.pmi.org/learning/library/mind-mapping-advantage-think-creatively-6554>

Intervention:

Introduction:

As part of our clinical focus this term we worked with FCSS to address concerns surrounding food access in Cochrane. As such, we completed an in-depth assessment and analysis of the community's food resources. Based on our data collection and analysis we noted that there are many powerful resources that currently exist within the Cochrane community. However, based on our observations and the Survey Monkey data from the previous students, it was clear that many members of the community do not have knowledge of these resources or are not accessing these food resources. The information we gathered led us to the conclusion that a mind map outlining the current resources in Cochrane would empower the community and provide them with the information needed to engage in such services.

As we evaluated our options, we considered the development of a resource map on Prezi, or a location map using Google Maps. The literature suggests that appealing mind maps increase information retention and capture the attention of the audience (Eppler, 2006). Prezi is a great tool that can produce attractive and engaging web pages. Therefore, we came to the conclusion that a Prezi mind map containing all of the food resources in Cochrane would produce the most beneficial outcomes. Additionally, Prezi is very user friendly and has features that allow links to be embedded into the presentation itself. After considerable trial and error, we created a Prezi mind map that can be placed on the FCSS website. The Prezi outlines the currently available food resources in Cochrane and includes appealing colors and photos.

The resources we chose to include in our mind map are exclusively in the Cochrane area and can be accessed by any individual needing support. As mentioned above, our data analysis led us to many great resources in the Cochrane area. Though many of these resources are included on the FCSS webpage, we wanted to include them in our mind map so that all the resources would be accessible from the same place. In addition, we chose to include resources that are not highly promoted and therefore not as utilized by the public. Examples include Nina's Gourmet and Cake & Spa's Little Free Pantry. Finally, we

discussed the possibility of including culturally appropriate food resources into our Prezi. However, given our timeline and the lack of culturally appropriate food resources in Cochrane we decided to leave it out as a means to highlight the cultural gap in food resources. As we finished creating our Prezi presentation, we decided to create a QR code for the presentation to make our presentation more accessible.

Specifically, it was our vision to create posters that could be posted in FCSS or community bulletin boards as a means to disseminate our project.

Evaluation:

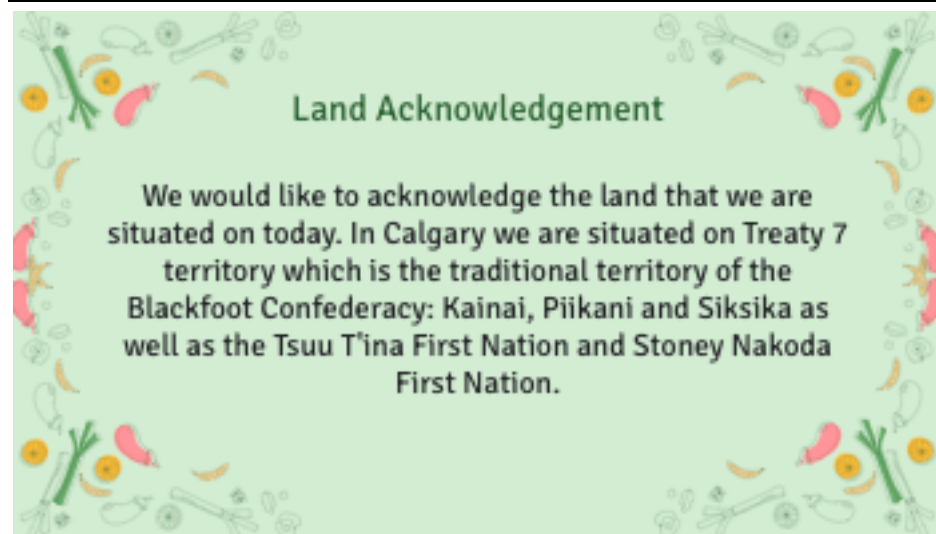
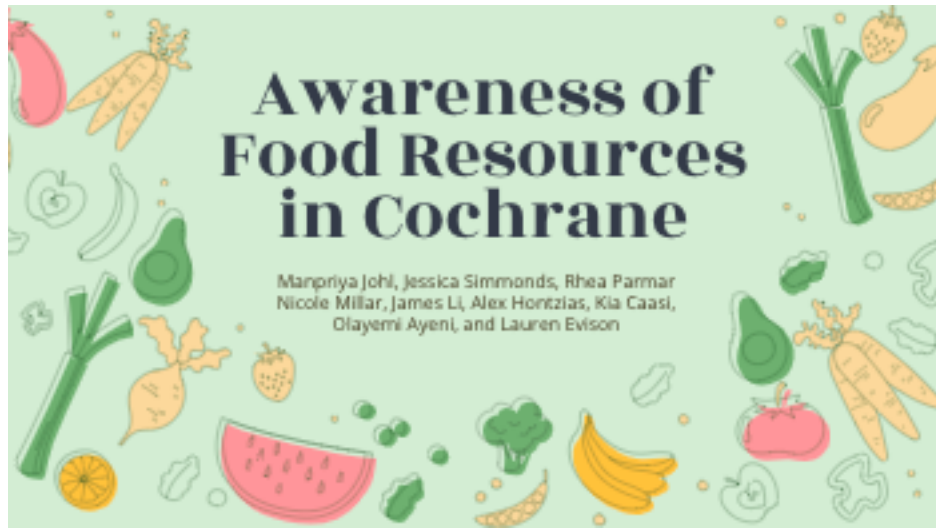
Limitations:

As we concluded the development phase of our project, we had the opportunity to get feedback from the Cochrane and Area Food Group regarding our project and we noted some limitations. Firstly, Prezi may be difficult for some people to use; for example, older individuals may have a difficult time using the Prezi effectively. In addition, the Prezi may not be compatible with some devices and may not be as engaging on mobile devices. We also ran into some technical difficulties that we were not able to sort out because it is out of our skill set. For example, we were not able to hyperlink phone numbers in the Prezi. As such, there is some work that needs to be done to improve the accessibility of the presentation.

Future directions:

As FCSS moves forward with our project, we have some suggestions for future directions. Specifically, based on the clear lack of culturally safe food resources in Cochrane we believe that the exploration of culturally safe food resources in Cochrane would be highly beneficial to the diverse populations living in and around Cochrane. Therefore, future projects could focus on addressing the cultural gap in food resources and work with indigenous and other cultural groups to promote cultural foods. Other directions related to the work that we have done, may include translating the Prezi presentation so it is accessible to individuals who do not speak English as their first language. In addition, it may be beneficial to add audio to the Prezi to make it accessible to individuals with visual impairments or individuals who may not be able to read. Finally, creating a printout version is another direction that can be taken to increase the accessibility of our project as some individuals may not have access to a phone or a computer where they can view the Prezi.

Presentation:





Community Organization Partnership

Family Community Support Services (FCSS)




Population of Interest

Cochrane, Alberta


Recommendations for Sustainability and Future Interventions



- Handing the project off to FCSS to maintain and make future changes as they see fit
- Future projects addressing the cultural gap in food resources in Cochrane
- Translating the Prezi presentation in different language
- Having an audio version of the Prezi
- Creating a print out version

Acknowledgments

We would like to thank Kristen Immel from FCSS for her contribution to our project as well as the members from Cochrane and Area Food Connections.



We would also like to thank Jodie Steffan, our wonderful instructor, for all her hard work and for putting up with our sometimes chaotic group.

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