



Cochrane Food Survey Summary

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UNIVERSITY OF
CALGARY



Land Acknowledgement

We recognize and acknowledge that, for many centuries long before the European settlers arrived, thousands of Indigenous people lived full, rich and imaginative lives on and near the very lands upon which we are situated. These people had hopes and dreams, loved their children, protected and served their communities, prayed to their Creator, and held deep knowledge about and respect for the natural world upon which they depended for their livelihood.

We recognize and acknowledge that when European settlers came to these lands, they were welcomed and supported to establish themselves. Eventually, a peace and friendship treaty was signed, which we now know as Treaty 7, between Canada and the people known as the Stoney Nakoda peoples of the Chiniki, Bearspaw and Wesley Bands, the Tsuut'ina, the Niitsitapi (Blackfoot) peoples of Siksika, Piikani and Kainai Bands, and now also home to Métis, Inuit and other Indigenous peoples living within this territory.

We gratefully acknowledge that where we live and work is within Treaty 7 territory and the traditional lands of Stoney Nakoda peoples and we are thankful to our hosts for the many contributions Indigenous people of these lands have made and continue to make to the wellbeing and prosperity of our community and our country.

Acknowledgements

Thank you all for your help and dedication:

- Annichiarico, Joelle (Planner 1, Town of Cochrane)
- Baird, April (Food Security Programs Manager with Helping Hands Society of Cochrane and Area)
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- Bench, Heidi (VP of Operations, Leftovers Foundation)
- Immel, Kristen (Town of Cochrane FCSS)
- McCracken, Valerie (Cochrane Farmers Market)
- Mottle, Brenda (Cochrane Activettes)
- O'Kane, Carley (Public Health Dietitian, Alberta Health Services)
- Skrypnek, Jackie (Cultivate Cochrane)

283

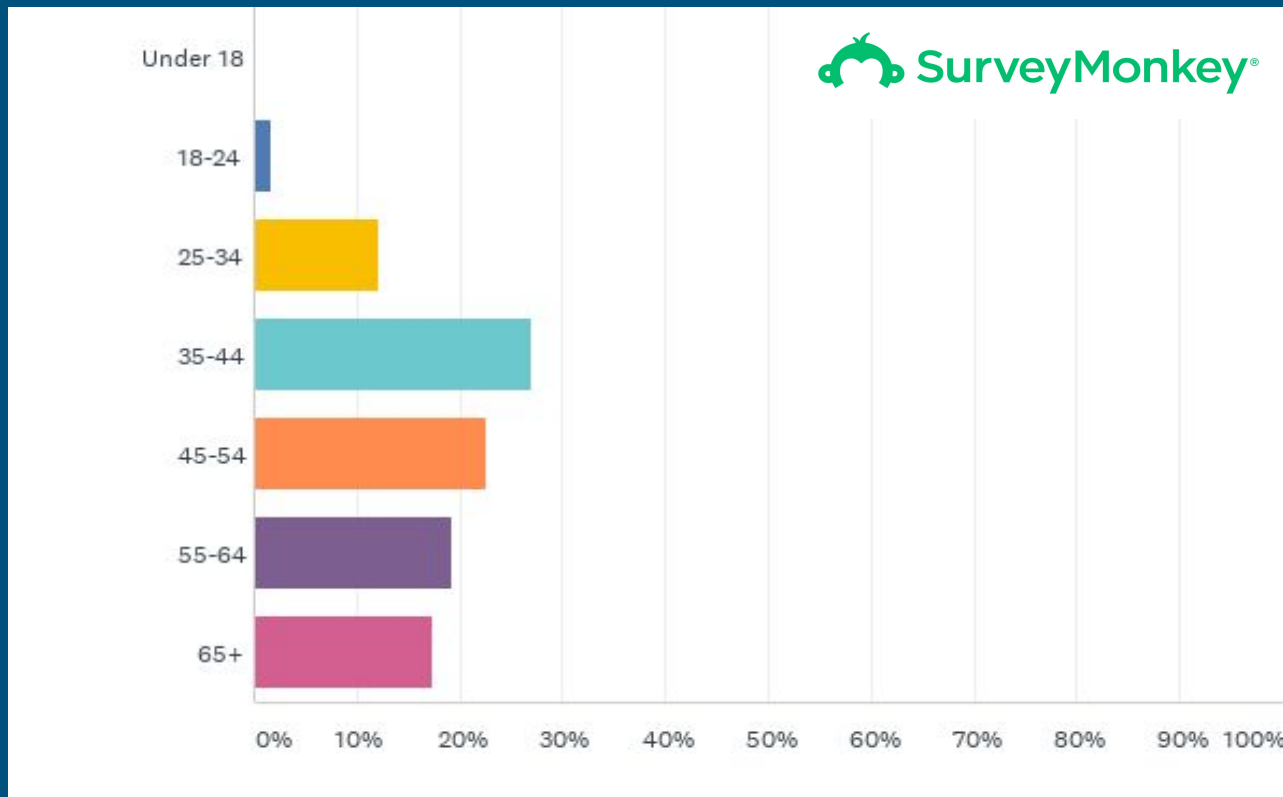
Total Responses



Source: Google

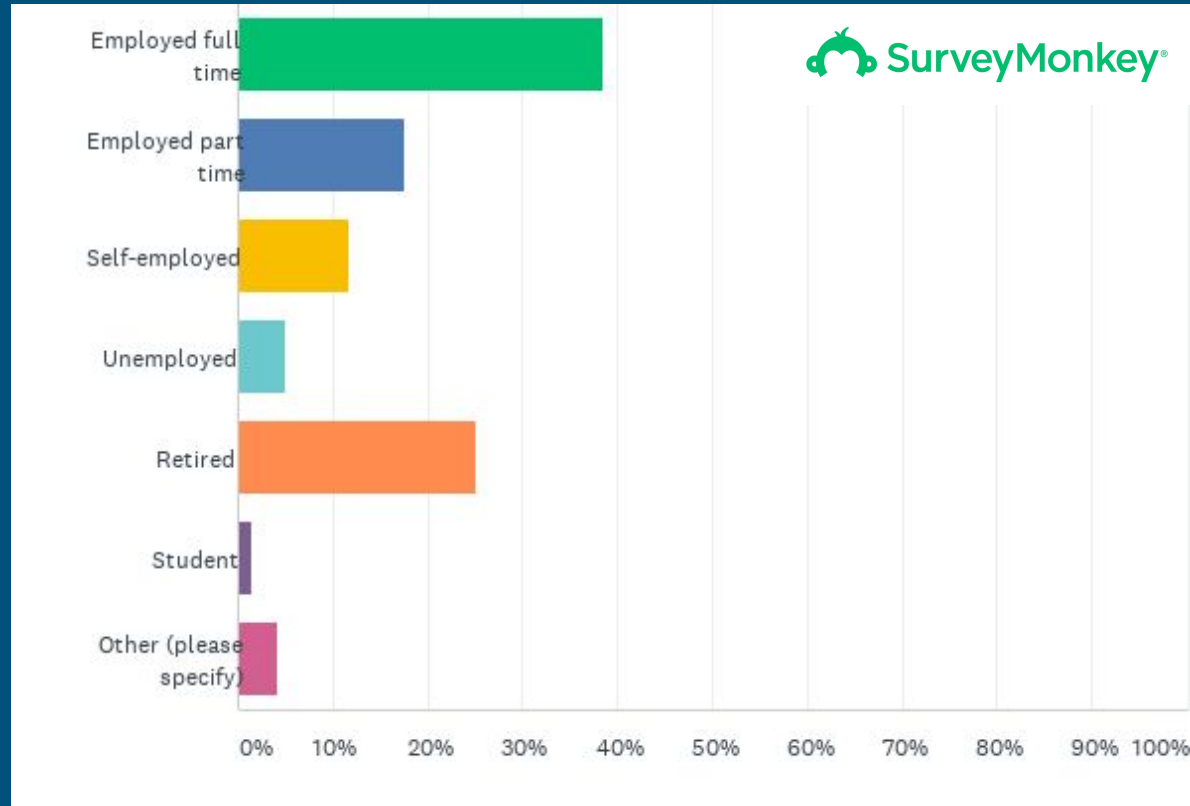
Q1: What age group do you belong in?

Answered: 282 Skipped: 1



Q2: What is your employment status (comparison)?

Answered: 283 Skipped: 0



“Homemaker”

“Stay at home mom”

“C.c.p. Disability”

“Disability”

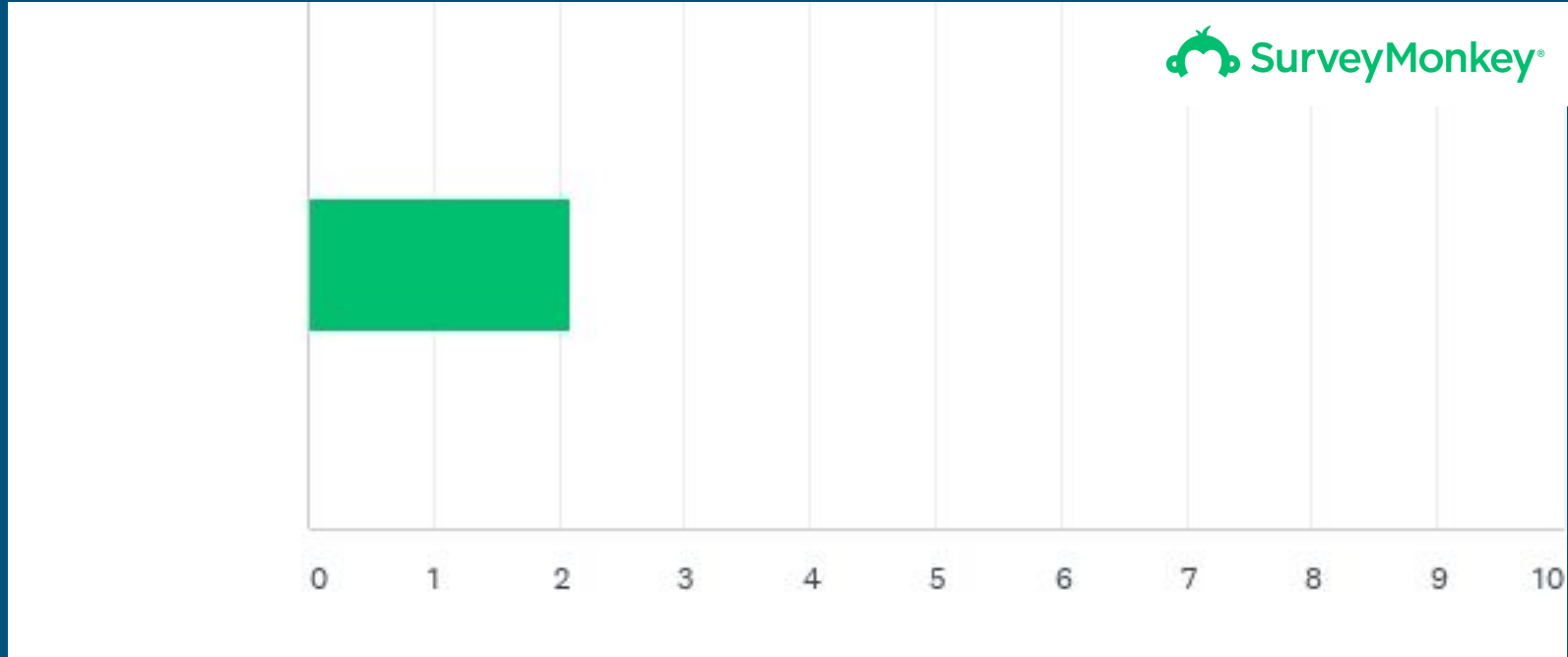
“Employed Casually”

“Stay at home parent”

“Contract position”

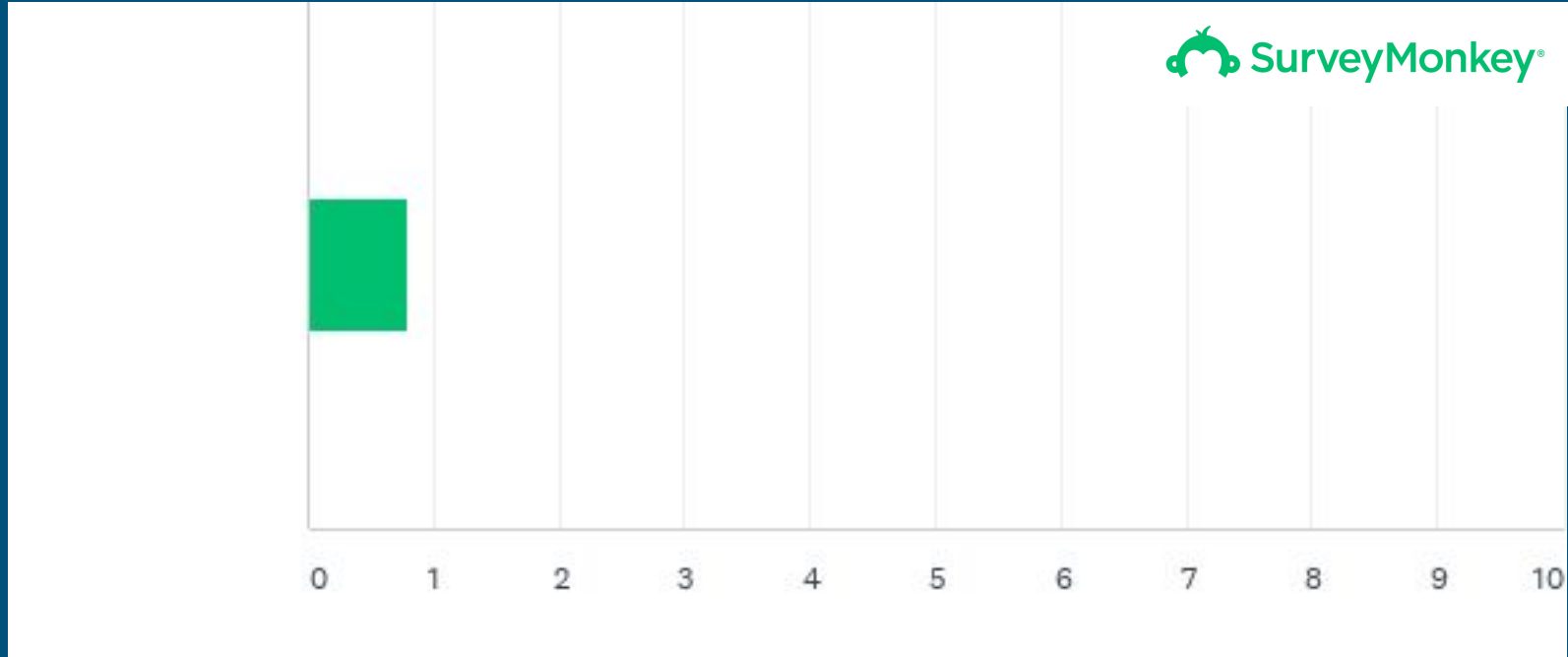
Q3: How many adults are in your household?

Answered: 283 Skipped: 0



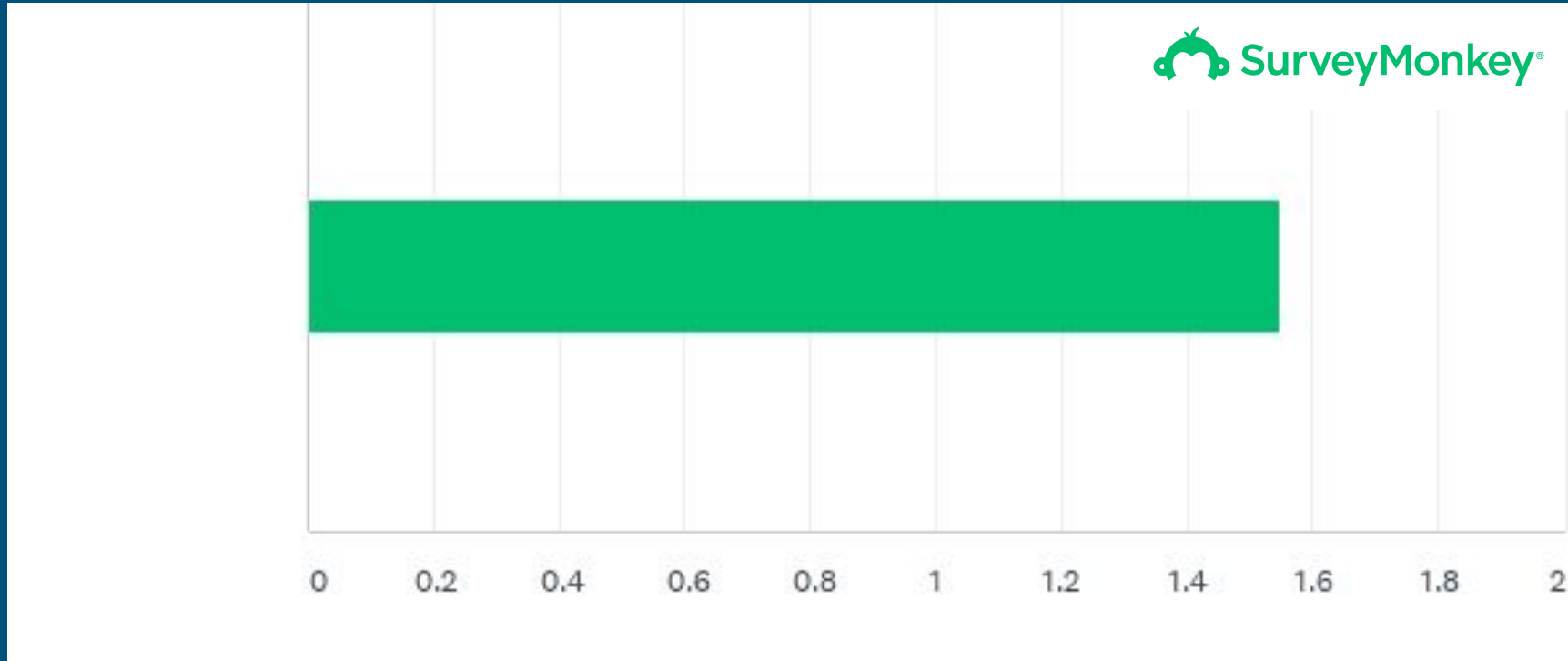
Q4: How many minors are in your household? (under 18)

Answered: 270 Skipped: 13



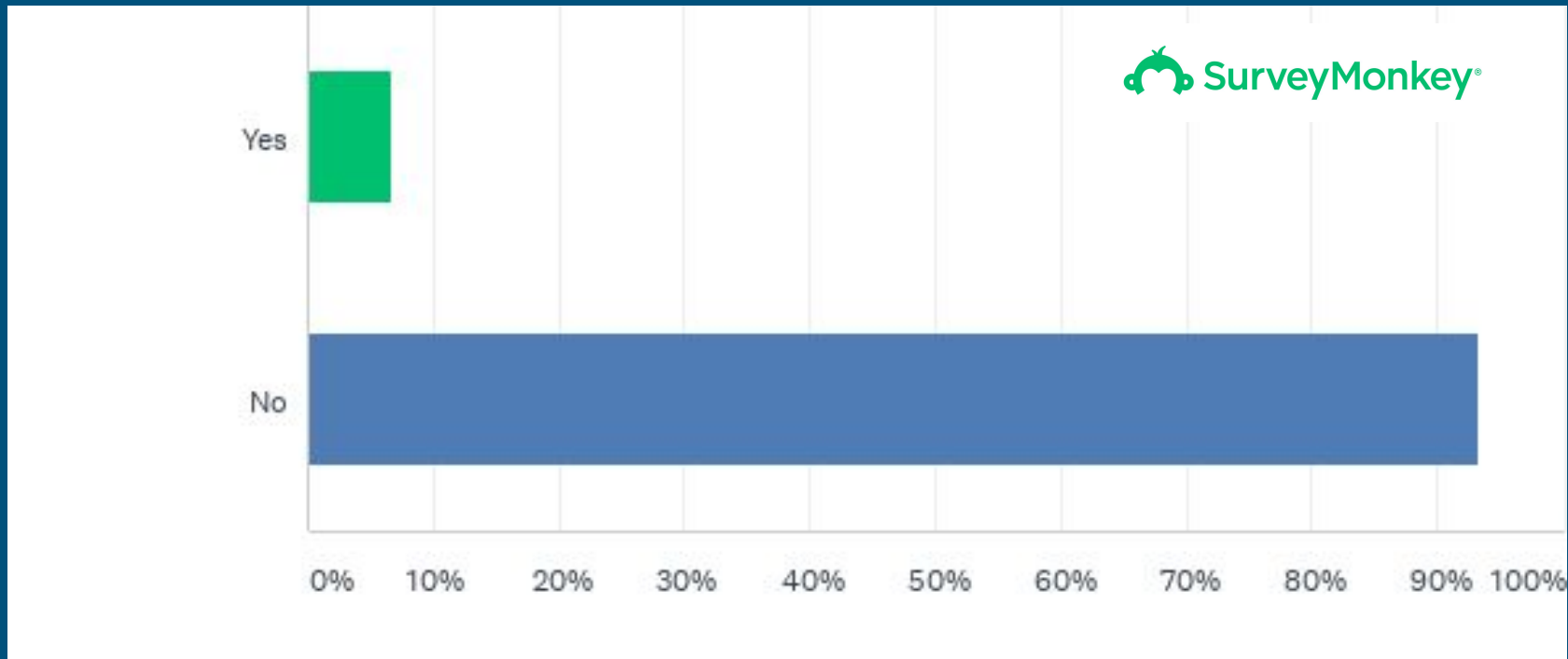
Q5: How many members in the household are employed and/or have a source of active income?

Answered: 282 Skipped: 1



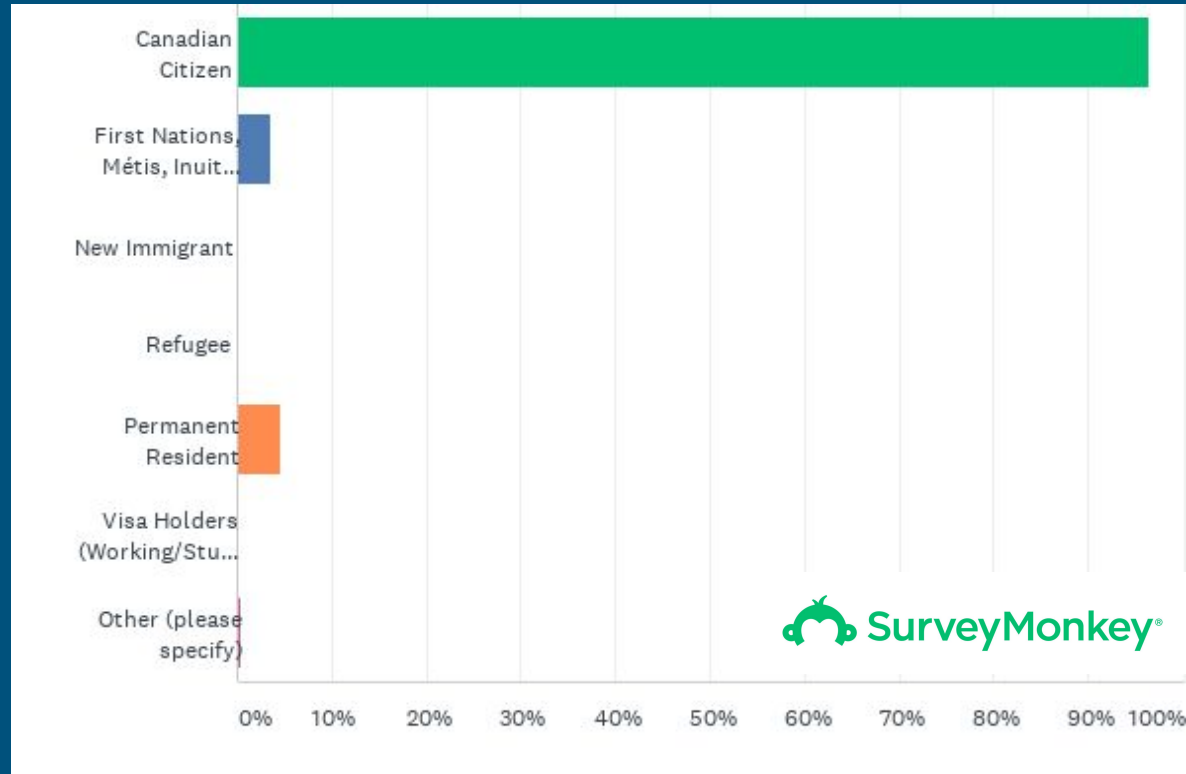
Q6: Is anyone in your household living with a disability that affects their ability to get food?

Answered: 280 Skipped: 3



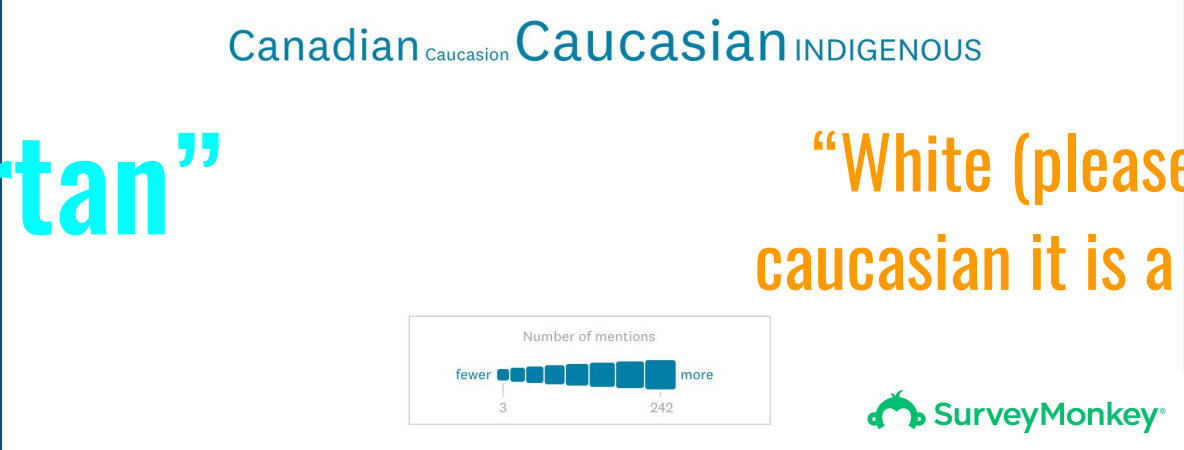
Q7: What is your citizenship status? Select all that apply.

Answered: 283 Skipped: 0



Q8: What race/ethnicity do you identify with?

Answered: 272 Skipped: 11

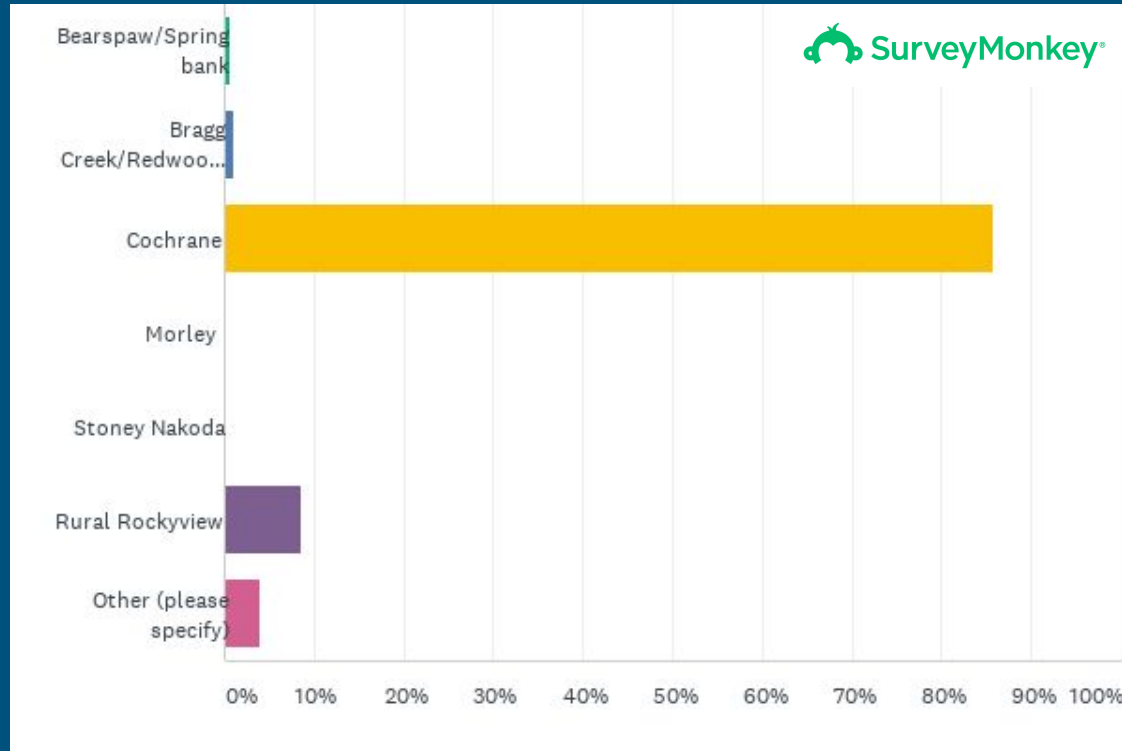


"It should not matter"

"East Asian"

Q9: Where do you live?

Answered: 283 Skipped: 0



“Winnipeg”

“Big Horn”

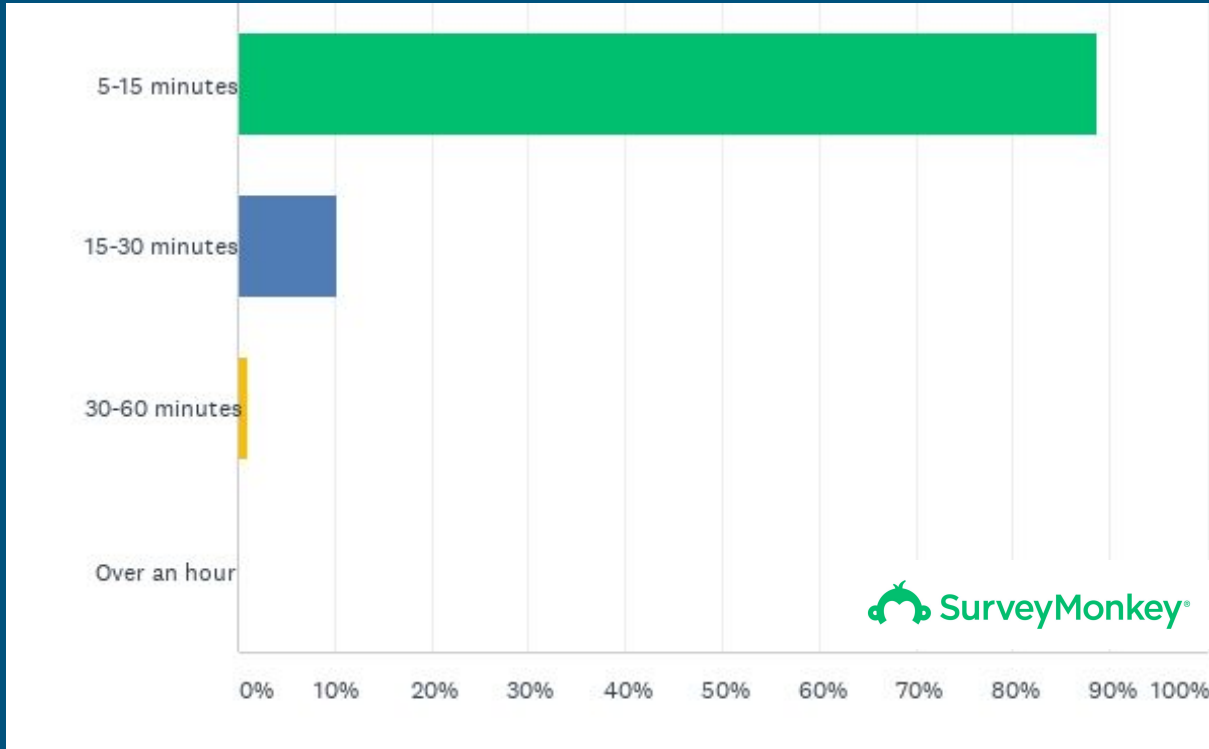
“Calgary”

“Cremona”

**“Airdrie, but work
in Cochrane”**

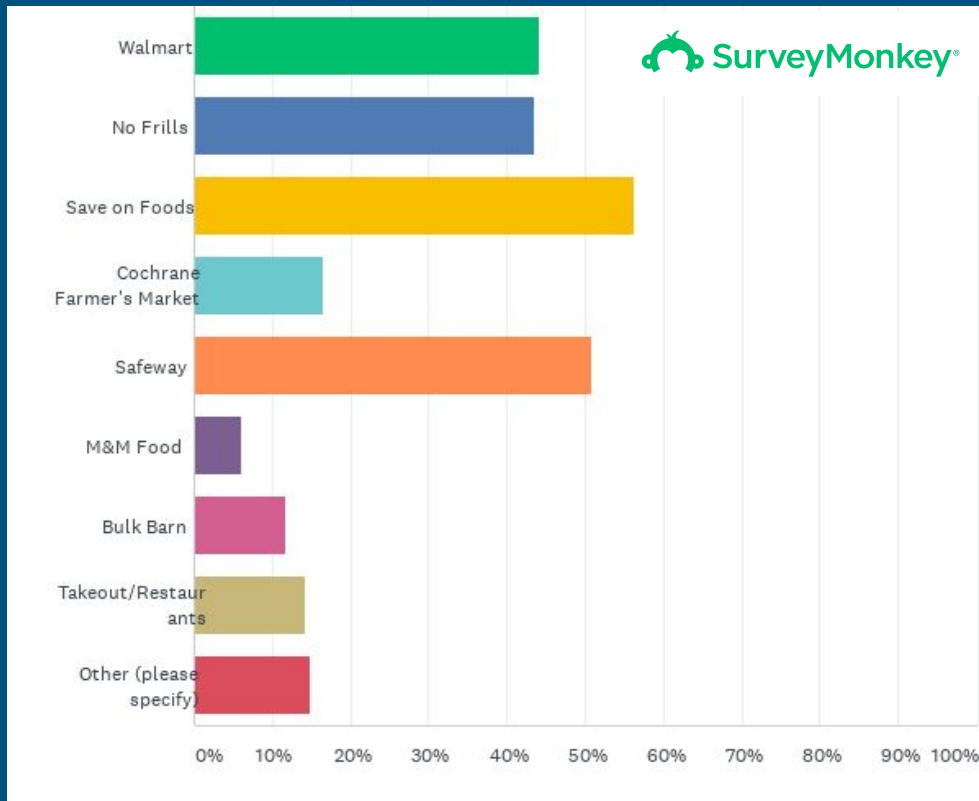
Q10: On average, how long does it take you to get to your nearest food source?

Answered: 283 Skipped: 0



Q11: Where do you buy most of your food? Select all that apply.

Answered: 283 Skipped: 0



“Costco”

“Garden at home”

“Superstore”

“Community Natural Foods in Calgary”

**“Nearby farmers markets
or locally sourced meat”**

“The Butcher’s Block”

“Shoppers Drug Mart”

“Hutterites”

**“Food trucks in the summer, grow
and raise our own and fishing”**

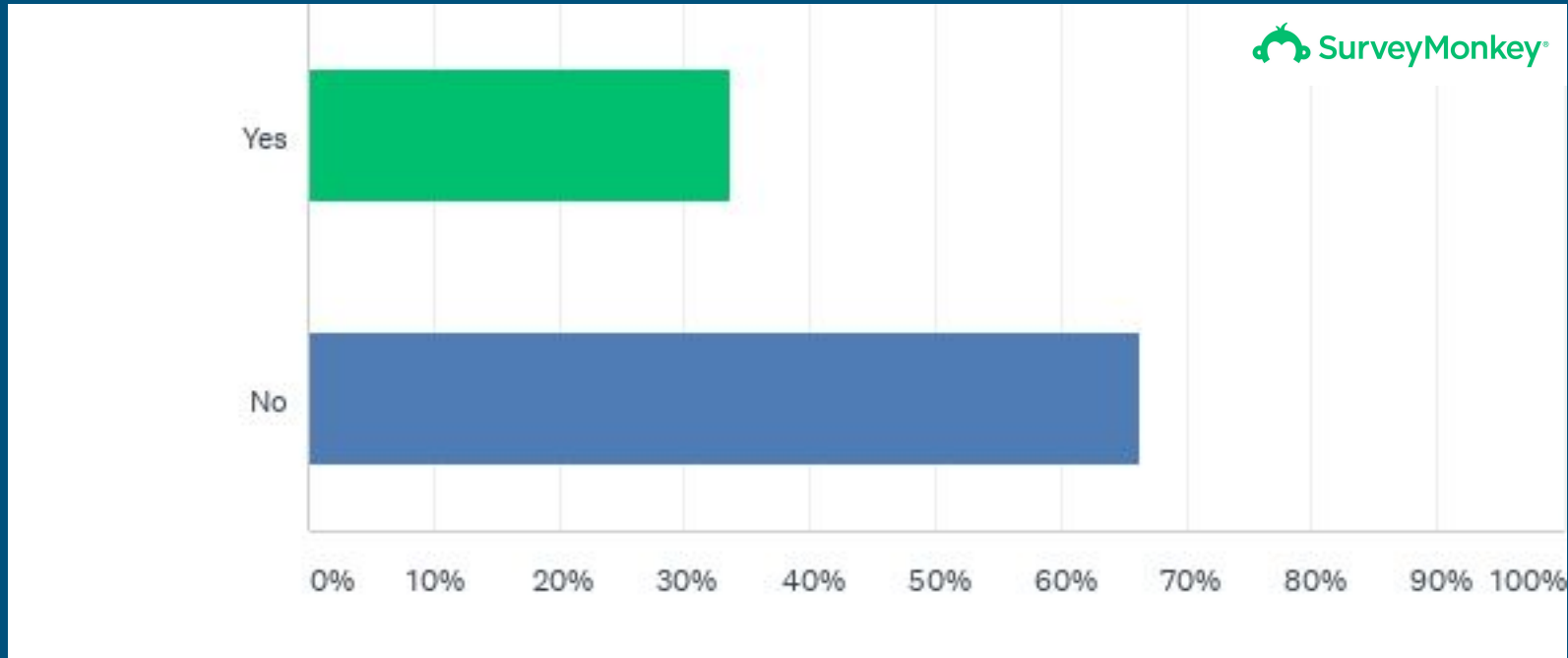
“Local butcher, local egg distributor”

“Co-op”

**“I go into Calgary to get most of my food, Cochrane does not have the selection or
variety, also I find prices higher in Cochrane”**

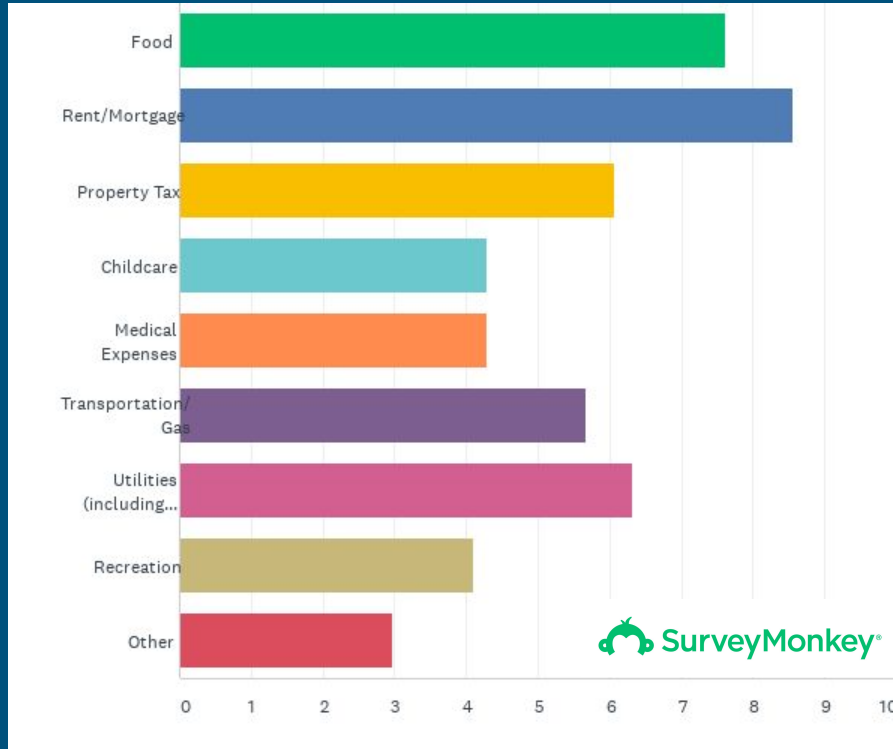
Q12: Do you ever worry about affording food?

Answered: 282 Skipped: 1



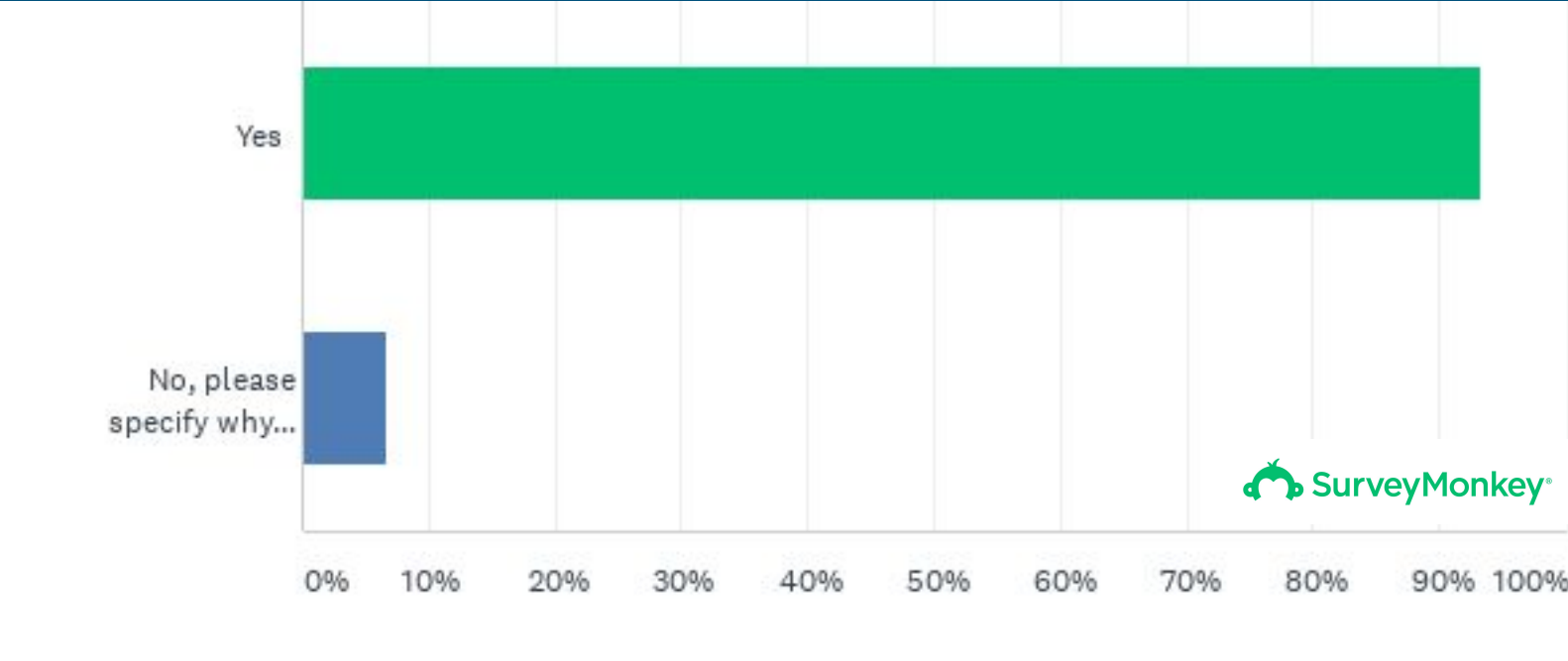
Q13: Rank your household expenses per month. Drag the bars on the left side to order the categories, 1 being the highest amount and 9 being the lowest. Click N/A if it is not applicable for you.

Answered: 273 Skipped: 10



Q15: Are you able to access the necessary food sources for your food-needs? e.g. vegetarian, allergies, diabetic, religious/cultural restrictions, etc.

Answered: 283 Skipped: 0



“Very hard to find gluten and dairy free items that are affordable for a family of 4.”

“Vegetables are valuable as organic but when they arrive in Cochrane they are already way past their best before date.”

“Cochrane has only a very limited offer for humanely raised chicken, no humanely raised pork, beef, and fish.”

“Not enough options for health conscious.”

“Kosher food not available in Cochrane, even though Halal is.”

“Lacking in ethnic foods in Cochrane”

“Increasing cost of fresh vegetables and meat affects my diet/food sources

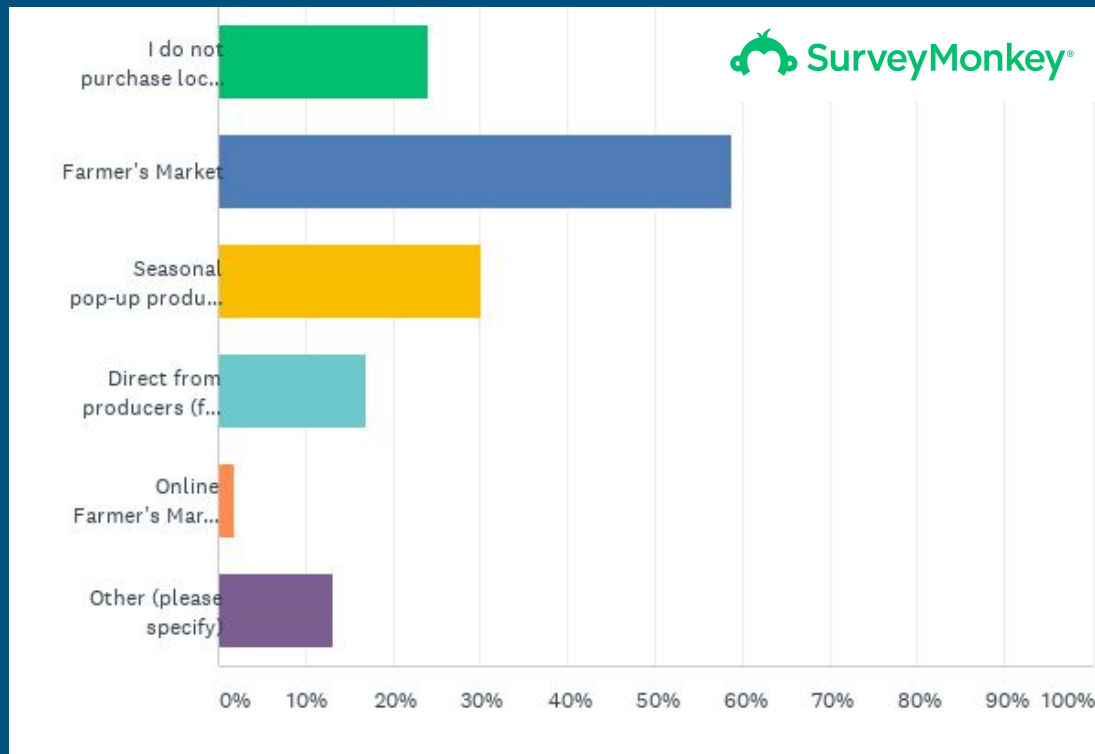
“It is not easy to source good quality keto or low carb foods in town - have to drive to Calgary or order online”

My wife is celiac & there are not enough choices for Gluten Free food choices in Cochrane.

“Gluten free is 2-4 times more expensive to buy. This needs to change.”

Q16: Where do you purchase locally produced food?

Answered: 279 Skipped: 4



“We hunt for a lot of our meat.”

“Online delivery”

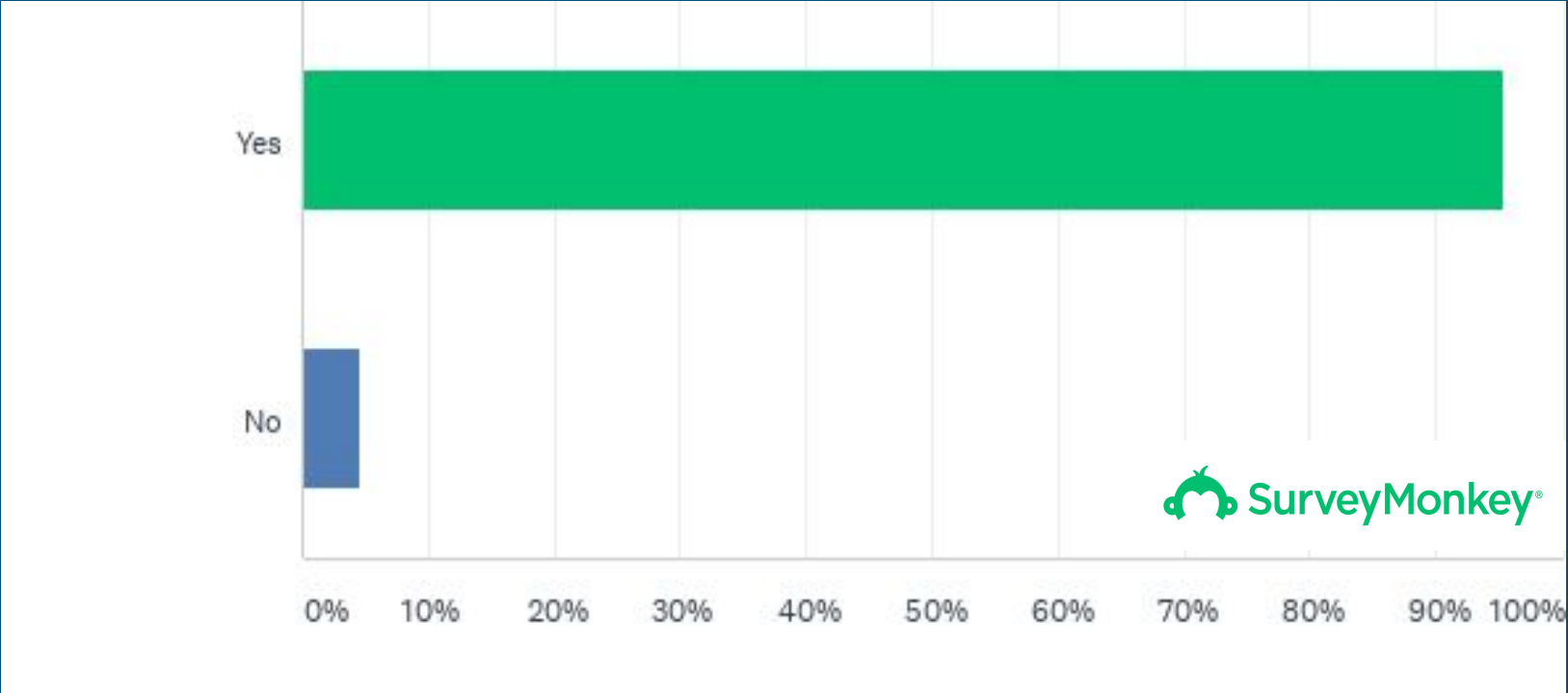
“We have a small garden. Eat fresh, free, home can as much as possible”

“Grow our own in our garden and hydroponic indoor unit”

“I grow a lot of my own food”

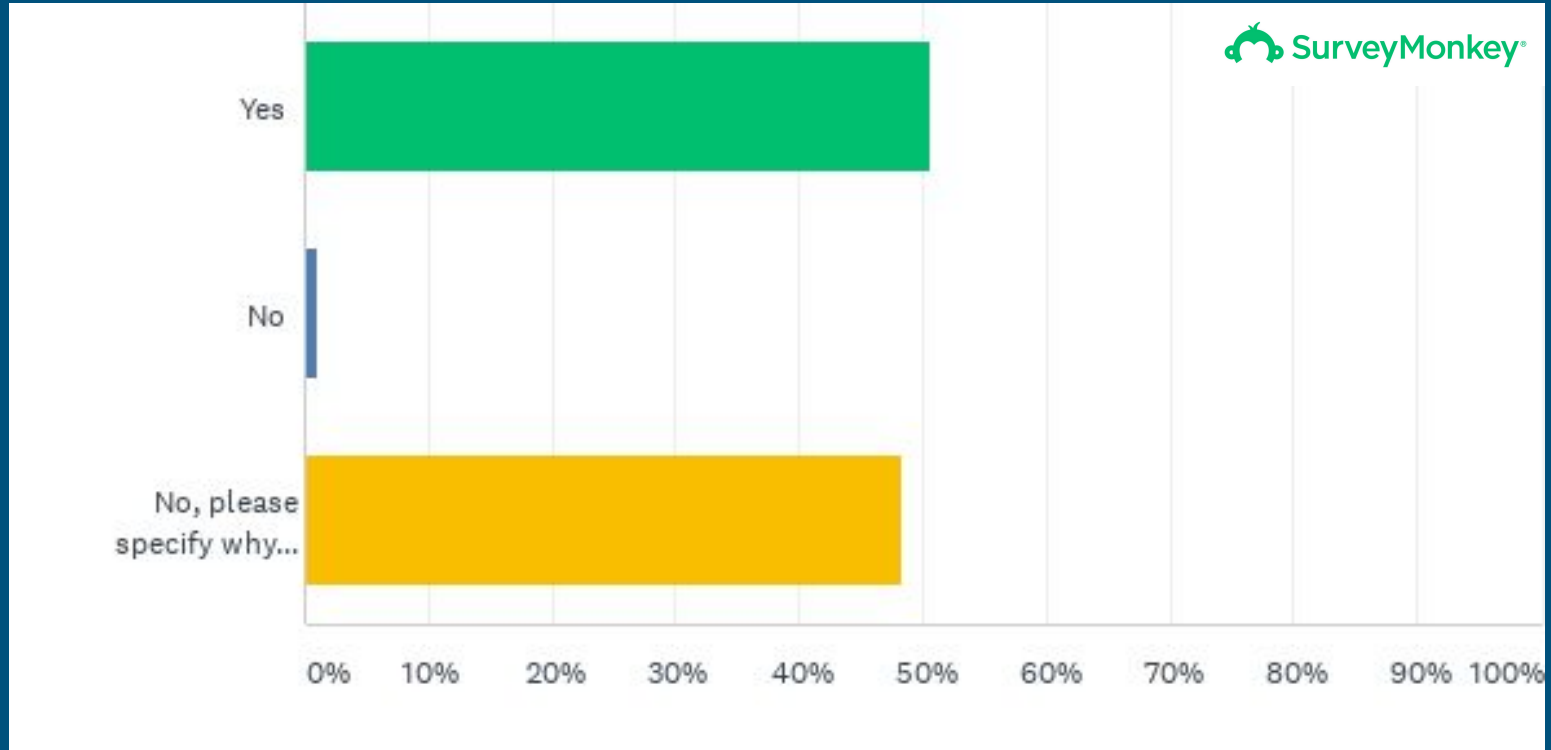
Q17: Would you like to see more locally grown foods in Cochrane?

Answered: 282 Skipped: 1



Q18: Do you grow any of your own food?

Answered: 283 Skipped: 0



“No space for a garden”

“Lack of knowledge”

“I DON'T HAVE THE SIZE SPACE OR KNOWLEDGE”

“Weather ruins the crops”

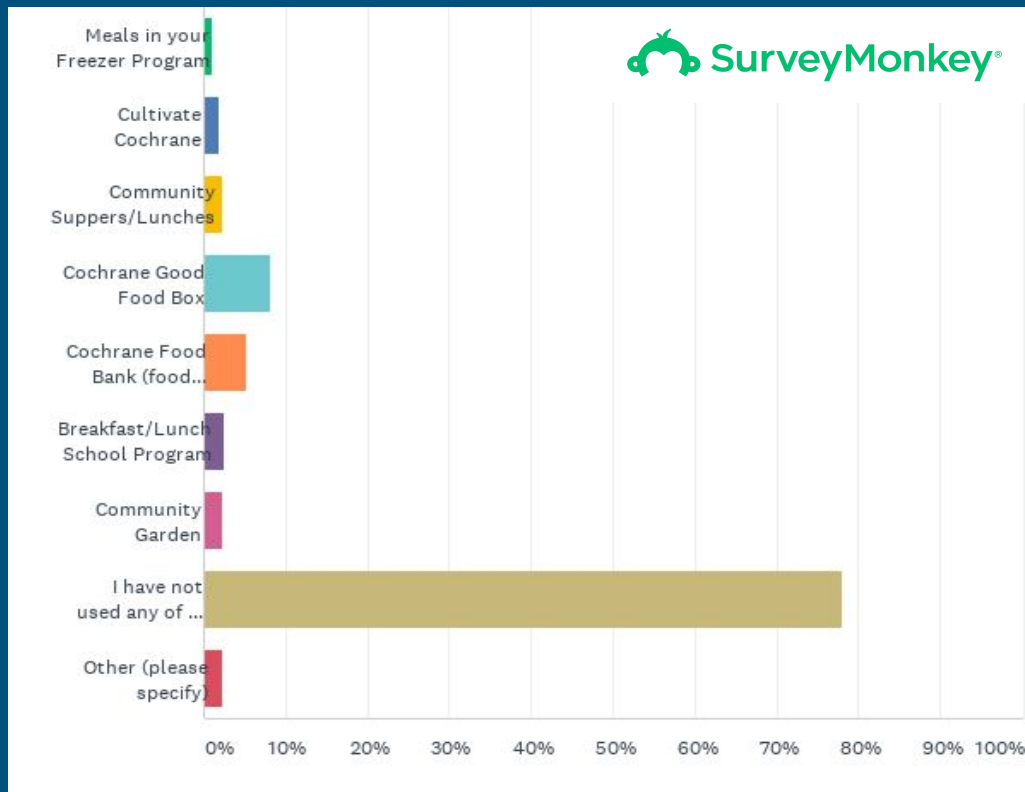
“Yard sizes in townhouses in cochrane are too small”

“Not interested”

“Lack of time”

Q19: Do you use any food programs/resources in Cochrane? Select all that apply.

Answered: 269 Skipped: 14



20. What food programs/resources would you like to see in Cochrane?

“Each school should have a garden to teach students the healthy low cost, tasty foods that can come from a home garden.”

“Allowing residents to raise a small chicken and egg program on their own properties.”

“Community Garden.”

“More access to locally sourced food.”

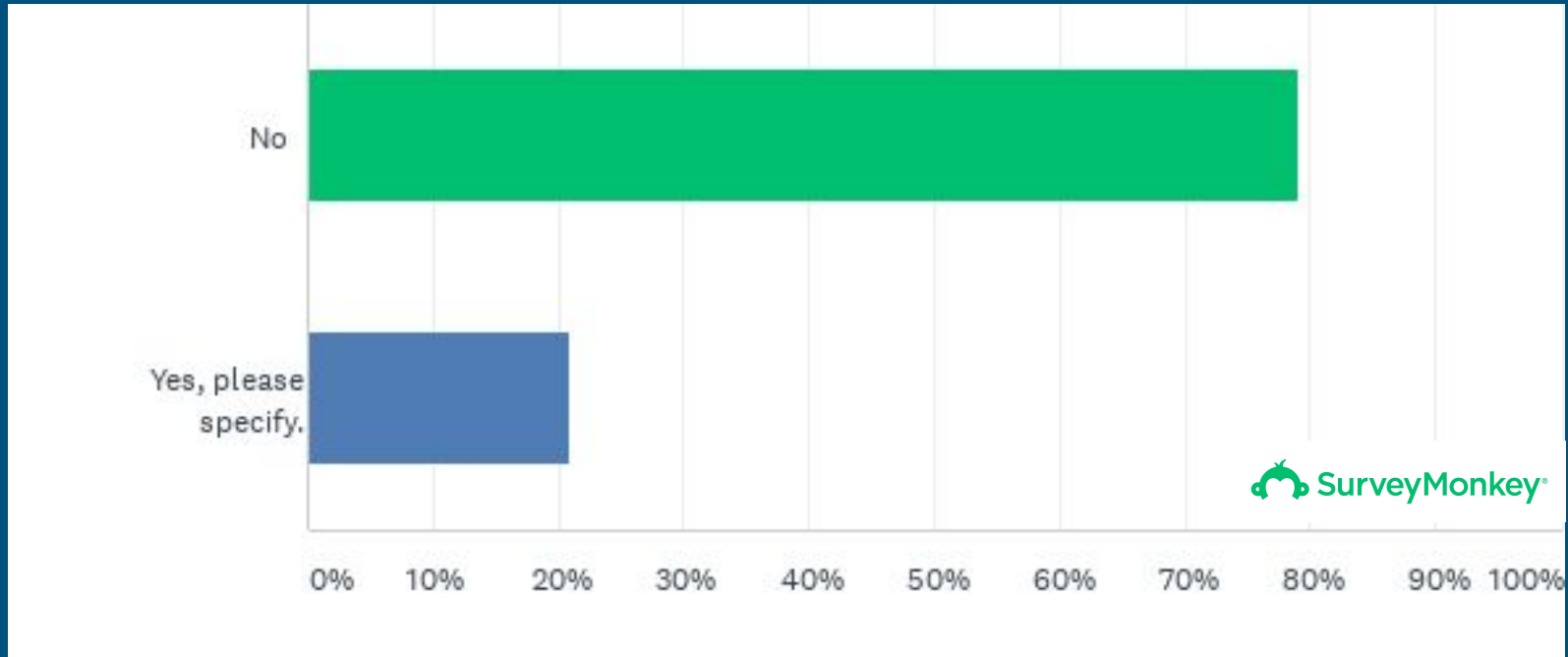
“Group cooking making food to take home with enough to put in freezer.”

Building garden boxes for growing food and classes online or in person how to grow food

“More accessible local food and more ethnic, high quality foods.”

Q21: Has COVID-19 affected your ability to get food?

Answered: 282 Skipped: 1



“Crazy people at beginning hoarding
food and household items”

“Supplies can be
very low at stores”

“Lost jobs and EI makes finances difficult”

“Husband has had a kidney transplant.
We do curbside pickup and delivery.”

“Immunocompromised so cannot go to stores”

**“Cost of living has gone up
— & income gone down”**

“Immunocompromised”

“Lost jobs”

**“Find food prices are higher - many times
shelves are empty (Walmart/No Frills)”**

“Avoid shopping ordering more online at a cost”

“No longer eat out.”

22. Feel free to tell us more about your vision for the next 5-10 years regarding food (security/access/resources) in Cochrane!

“Every school to have a garden program maybe even a greenhouse program to teach students about growing their own food and know how to easily grow at home.”

“Encourage bee friendly flowers for flower beds, and should encourage more flowers on boulevards instead of grass”

“Well controlled, Backyard chicken and egg Programs allowed free of high priced permits.”

“Bee husbandry within cochrane on roof tops, backyards etc”

“I was very disappointed that the compost was not available this year. I would like to see this more available in the future to home gardeners. (More than one free bin...)”

“Very concerned about the bee population in general..the town should ban pesticides within their jurisdiction.”

“More individual food security through Increased community gardens, personal gardening, small animal husbandry ie chickens”

“Food delivery options”

“Planning on moving out of cochrane to our own farm in the next 5-10 years where we can provide more for ourselves without relying so much on grocery stores.”

Municipal support for the Farmers’ Market is lacking...Our food supply is insecure and the biggest non covid time hurdle seems to be attitude.”

“Budgets to FCSS to better assist those in need”

“The food supply chain here is incredibly lazy. Deliveries don’t arrive, department managers don’t seem to plan ahead.”

“Let’s invest in a community growing opportunity for the people who live locally.”

“Teach the youth the value and satisfaction of growing our own food.”

“Costco for bulk buys.”

“Sustainable indoor vertical gardening. The old cdn tire building would be a perfect central location for this. I’m trying to get through this year!”

“local/organic/healthy choices.”

“FOOD ACCESSIBILITY AND FOOD SECURITY”

“Support for low income, seniors, persons with disabilities, etc., and more advertising so people know programs are available.”

“Many companies build out shipping containers as grow pods for customized modular stackable vertical farming systems. It is worth looking into.”

Please let us know where you found our survey...

Customize

group CochraneNow Facebook page April Baird FB Good Food Box
community Online FCSS Activettes Facebook page
Cochrane work Helping Hands Alberta Health Services
Cochrane Now Cochrane Eagle Email website Town Cochrane
Shared AHS



Thank You!

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