

.....

COVID-19 & Food Supply

What you need to know in this time of uncertainty



By **Jessie Newman, RD**

Email: Jessie.Newman@viha.ca

Phone: (250) 203-1486

There are currently no food shortages in Canada. Our food system is safe and stable. We produce healthy food in abundance, and will continue to meet the needs of Canadians - Government of Canada

The BC government has created a new Provincial Supply Chain Coordination Unit to ensure goods and services distribution. They are also suspending any bylaws that restrict the delivery of goods at any time of day. There is plenty of food that will continue to reach grocery stores on a regular basis. For now, it is best to visit your

grocery store no more than once a week to reduce your chance of contracting or spreading COVID-19. Buy only what you need; there is no need to purchase large quantities of food. This will ensure everyone can get what they need. You may want to have your groceries delivered.

It is possible that travel restrictions and measures put in place to stop the spread of COVID-19 *may* impact the food supply chain in the future. I will provide an update should that happen. What can you do to ensure your own food security? See below!

Resource: Agriculture and Agri-Foods Canada

<http://www.agr.gc.ca/eng/coronavirus-disease-covid-19-information-for-industry/?id=1584732749543>

Connect with nature & build food skills

This may be a good time to learn about the medicines nature gifts us. Nettle, dandelion, osoberry and others are making an appearance! Make a virtual connection with a knowledge keeper in your community and get some fresh air and physical activity!



Many folks have recently started their own Victory or Resiliency gardens. Growing your own food is rewarding and gives a sense of accomplishment and security. Please contact me if you would like more information on plant medicines or starting your own garden.

Extra time indoors also gives us the opportunity to try things we may not have had time for. Canning is a great way to ensure your pantry is full all year round with delicious goodies. The link below will take you to FNHA's excellent canning guide.

[READ MORE ABOUT CANNING](#)