

Food Matters

Secwépemculecw has been a centre for food production, fishing, hunting, and trapping for millennia. Seasonal and local foods continue to offer sustainable options for our community.

Climate Concerns

- When food waste and other organic matter break down slowly in landfills, they produce methane—a potent greenhouse gas. Five percent of Kamloops' community greenhouse gas emissions come from this process.
- Other emissions come from producing, processing, and transporting food. If your food is grown using synthetic fertilizers and pesticides, is heavily packaged, or is flown in from afar, it is likely contributing to the climate crisis.

What the City Is Doing


- Supporting and collaborating on local food initiatives, including providing guidelines on urban hens and beekeeping.
- Working on organic waste collection and processing solutions.

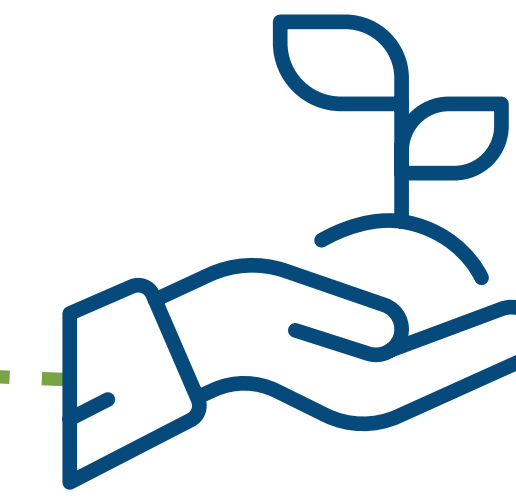
SNAPSHOTS OF THE PAST



From the early 1900s until the 1950s, much of what now forms several residential neighbourhoods was irrigated farmland and orchards, producing fruit, vegetables, and other crops. Photos (L-R): KMA 6799: Harvests were abundant. Produce was freighted by rail to Vancouver and the Prairies. Apples were even exported to England. KMA 6611: Two local canneries were supplied, primarily with tomatoes, and much produce was also consumed locally.




 Mary Putnam



 Candace Hansma | Tourism Kamloops



 Scott Bakken | Tourism Kamloops

WHAT CAN I DO?



Reduce Food Waste

- Plan meals ahead of time, keep a grocery list, and creatively use up leftovers.
- Freeze, can, dry, or preserve food. Share or donate excess produce you can't use.
- Compost at home, use curbside residential organic waste collection, or a pick-up service, if available.


Support Local or Grow Your Own Food

- Buy direct from producers at farmers' markets or check out the locally-grown section of your grocery store.
- Grow what you can, whether it is small herbs inside, a container on your apartment balcony, or a backyard garden.
- Join a community garden, which provides members with a shared space to cultivate food and friendships.

Enjoy a Low-Carbon Diet

- Eat whole foods instead of energy-intensive, processed, and packaged snacks.
- Avoid air-freighted foods, such as imported, out-of-season fruits and vegetables that have a short shelf life.
- Eat more plant-based foods, which have a lower carbon footprint and require less water to produce than dairy and livestock.



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MAKING THE CONNECTION

Where is the food you eat grown, how is it produced, and what happens when it is wasted?



CLIMATE CONNECTIONS TRAIL



Canada's Tournament Capital