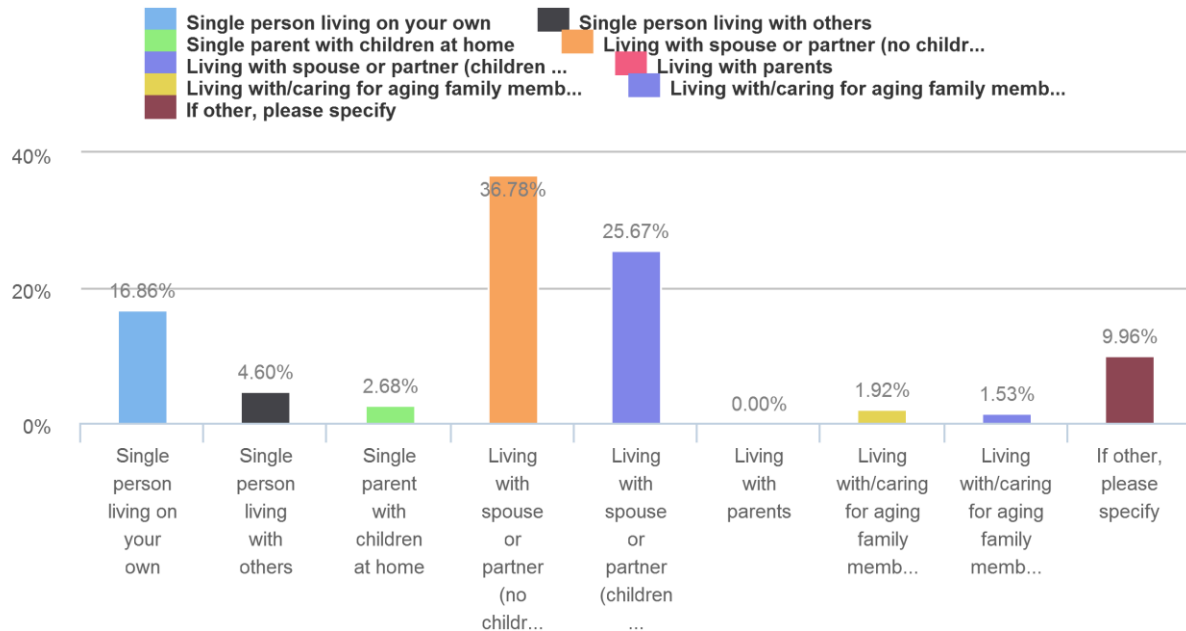


Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Q1: Please select the response that best describes your household:

All Respondents



	Responses	Percentage
Total Responded to this question:	261	99.62%
Total who skipped this question:	1	0.38%
Total:	262	100%

If Other Additional Comments

No.	Response Text
1	Living with spouse, roommate, and sometimes roommate's partner.
2	Granddaughter lives with me.
3	living with spouse, children and homeshare client.
4	Living with spouse and adult son
5	Living with fiancée and living with 2 roommates.
6	single parent with teenager who's never home
7	Living with Partner, and temporarily caring for stepchild during pandemic
8	Living with spouse and adult children
9	living with/caring for aging partner with a disability no children at home
10	77 year old living in house with son, daughter-in-law, and granddaughter
11	Adult parent and adult child
12	Single parent raising a teenager, with sister with mental health issues and nephew who is 6months old.
13	Care for aging family member in a care home.
14	Living with spouse, adult son with spouse and senior parent
15	Living with spouse & aging parent
16	Generational household
17	Living with spouse and children and aging family members
18	Living with spouse and adult child home from uni
19	Homeless
20	Living with parents and daughter
21	Transitional housing / 8 guys in bunks
22	Single person living with brother & sister-in-law
23	Living with spouse, son, his wife and 2 children under 2

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

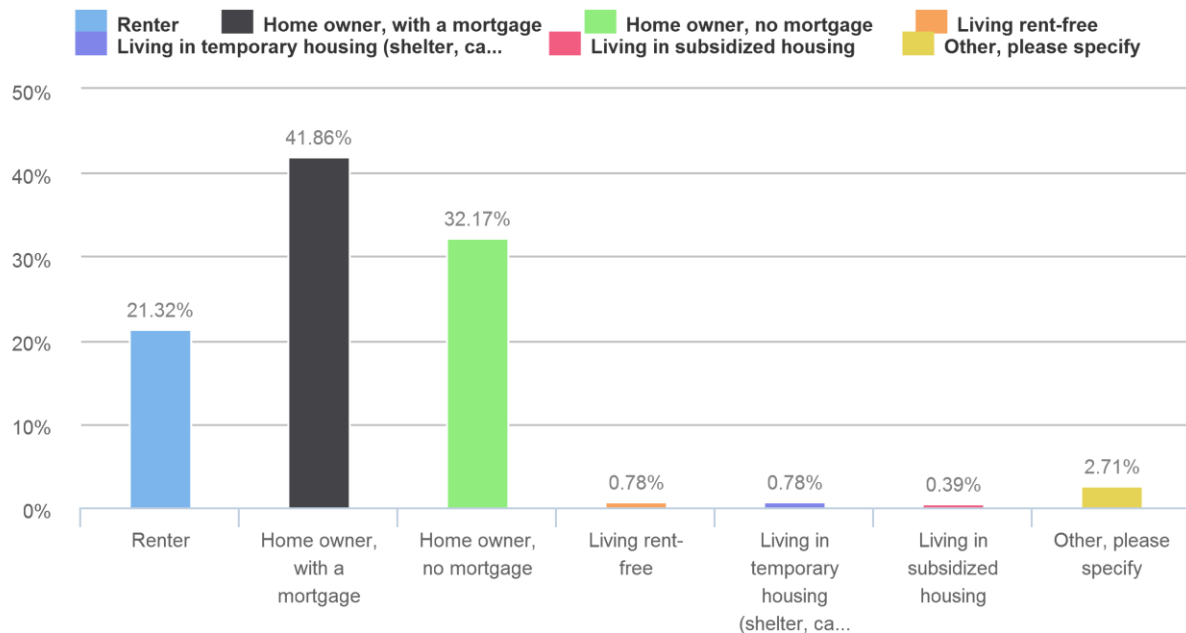
24	Single grandmother caring for infant grandson 1/3 of the time.
25	Roommate lives with me
26	single person living in a tiny house on property with a family

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Q2: Which of the following best describes your housing situation? Please select one response only.

All Respondents



	Responses	Percentage
Total Responded to this question:	258	98.47%
Total who skipped this question:	4	1.53%
Total:	262	100%

If Other Additional Comments

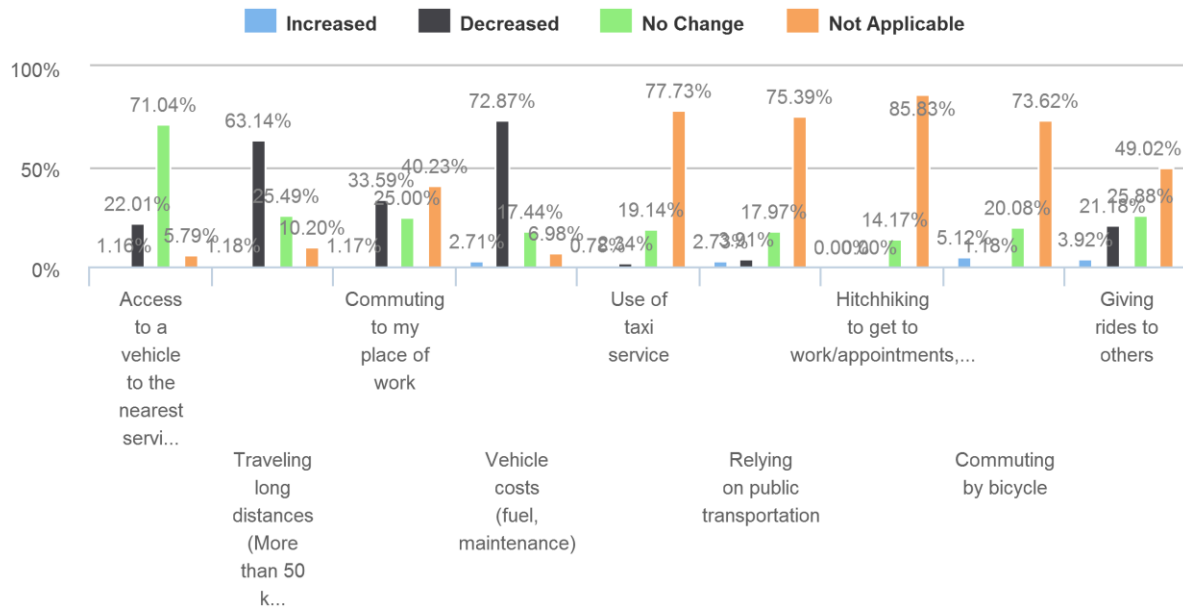
No.	Response Text
1	Own a trailer - pay pad rent on privately owned land
2	Working on property for room and board
3	With parents
4	Living in a car
5	Living in a car
6	Small cabin on acreage. 12 volt power, outhouse etc.
7	pay board

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Q3: Below are a number of statements related to transportation/travel needs. Please indicate how your need or use for each one has increased, decreased, hasn't changed or whether it doesn't apply for you.

All Respondents



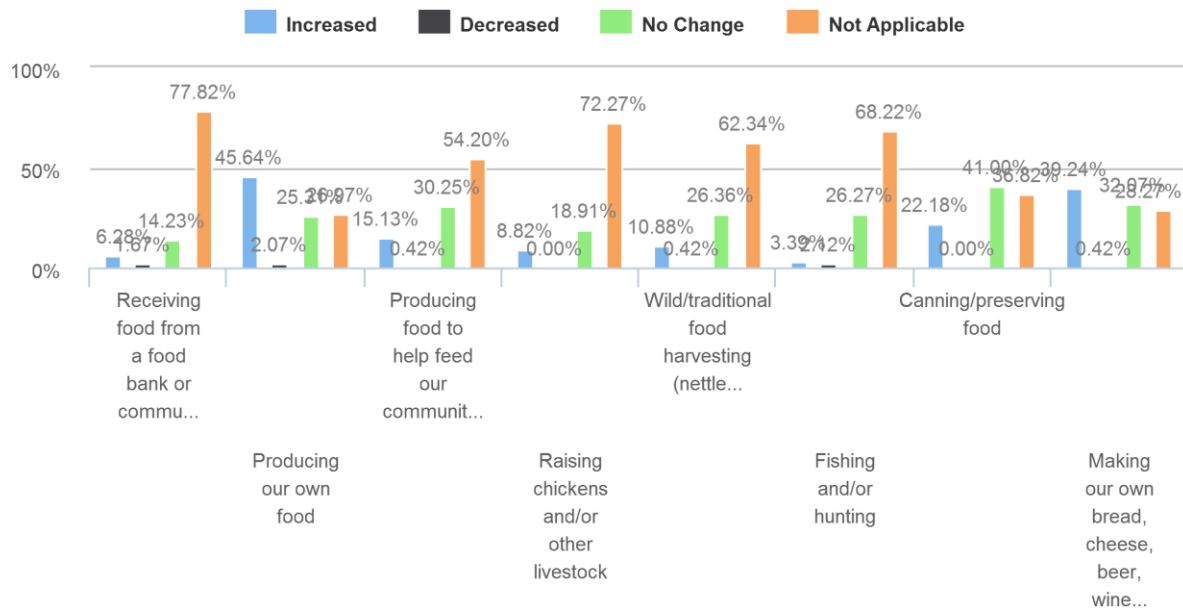
	Responses	Percentage
Total Responded to this question:	261	99.62%
Total who skipped this question:	1	0.38%
Total:	262	100%

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Q4: Food Security: Please indicate any changes in how your household accesses food since the COVID-19 crisis.

All Respondents



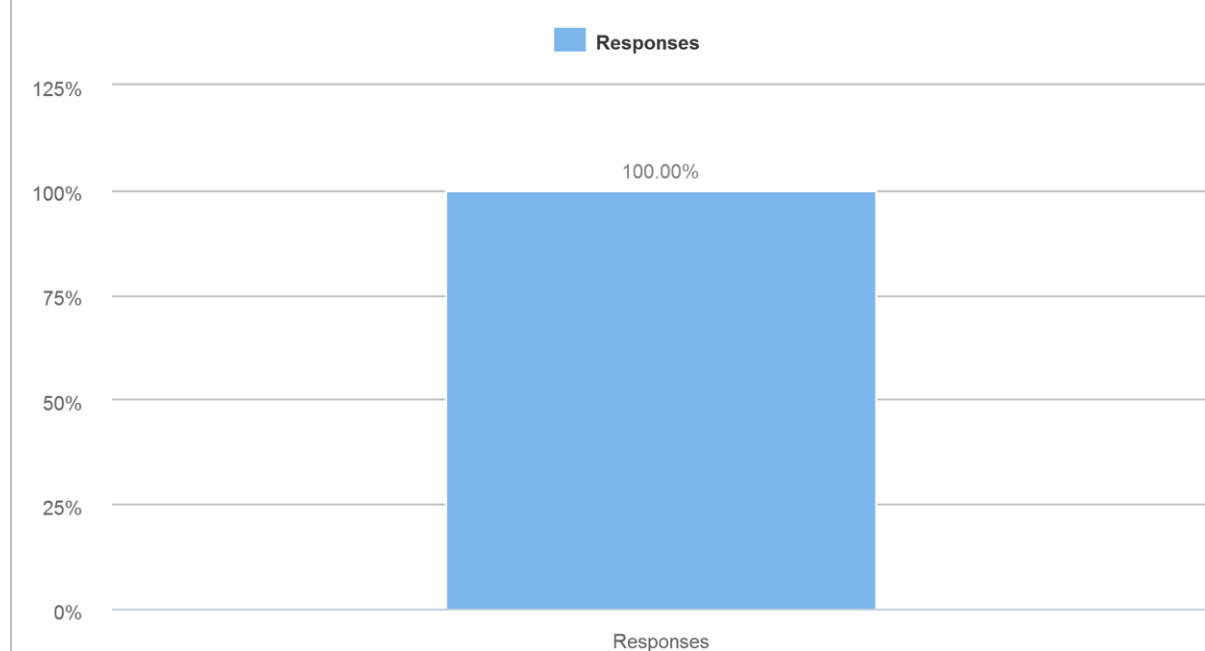
	Responses	Percentage
Total Responded to this question:	241	91.98%
Total who skipped this question:	21	8.02%
Total:	262	100%

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Q5: Are there any other new ways you are accessing food since the COVID-19 crisis that are not listed above?

All Respondents



	Responses	Percentage
Total Responded to this question:	104	39.69%
Total who skipped this question:	158	60.31%
Total:	262	100%

Additional Comments

No.	Response Text
1	We are trying to support local businesses, especially local farmers
2	More take out?
3	No
4	started using Cow-Op
5	No
6	Trading with friends. Seeds, plants, berries, hunted meat, and other food items.
7	Learning to bake. But nothing essential; just as a pass time or family activity.
8	Eating 100% from home. No fast food or take out
9	Phone orders to local grocery stores
10	We have our milk delivered and try to buy from farm stands. We try and only shop in a store for household items and cleaners
11	Using Cow-Op.ca more than I used to.
12	We are making good use of the contents of our overly stocked freezer.
13	Neighbor shares rhubarb.
14	Reduced trips to the grocery store. Only one member of household doing shopping.
15	more produce and meat from local producers
16	Buying veggie plants from locals
17	We are buying eggs from a farm now and bread from a local baker. We are trying to buy more local.
18	Shopping is done every two weeks instead of weekly.
19	I am shopping less frequently for us, and therefore taking the car to the grocery store. However, I am also shopping for seniors, which means I am in the grocery stores quite regularly.
20	Shopping less often. Buying local wherever possible.
21	Using online services to pick up groceries instead of entering stores

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

22	Fewer trips to grocery stores...bulk buying at Costco
23	bought grow lights to be able to extend the growing season into the winter
24	Using up my freezer and cupboard supplies before buying new ones.
25	Unable to raise any livestock, not allowed due to being a renter in the house. Landlord does not allow and bylaws do not allow.
26	Friends are sharing more
27	Online ordering and delivery
28	We have switched to mealbox delivery rather than about 70% of grocery shopping for meals.
29	Shopping for vegetables at Cowichan Green and supporting local businesses
30	No
31	Grocery shopping less. Bigger, less frequent trips. Probably saving money in the end.
32	Decrease in sharing food due to distancing.
33	we have expanded our garden to grow more vegetables, and planted a fruit tree
34	Not really, except that I am not buying from restaurants or gas stations.
35	I had already planned to increase the yield of my garden this year, so this just gave me more motivation
36	I tend to go to the local Farm Market instead of the grocery store.
37	Have done Food recovery and may have to use Food bank and SPCA animal support
38	Buying locally raised meat and produce
39	Gardening
40	always purchase clearance items. Food Bank items are usually dated years prior and those go in the garbage.
41	ordering through the cow-op and shopping at the refresh store
42	No
43	No
44	No
45	Growing new plants from vegetable stems, taking cuttings from existing plants
46	Mainly just "shopping smarter" when we go to the grocery store to plan our grocery trips better and minimize trips to the store
47	I have more time to garden and forage than I had in the past
48	More cow-op ordering because they deliver
49	My son does my grocery shopping
50	We started a small vegetable garden on our balcony.
51	Meal recipe delivery services.
52	Ordering online, ordering produce boxes locally, bartering with neighborhood farmers. Started a veg garden.
53	Having groceries delivered
54	finding take out places
55	More meals delivered
56	More take-outs
57	curb pickup or delivery
58	We felt the need to have more meat on hand because of all the closures and likely increased future cost
59	Shopping with list no impulse buying. In and out quickly Only shopping once a week
60	Click and collect grocery shopping.
61	Grocery delivery
62	Online ordering and then pick up.
63	Sourcing from local farmers for meat, poultry and milk.
64	Using on line and Delhi very service as in the Cow -op
65	Using local suppliers rather than large grocery shops, more than before
66	No
67	Planting our gardens, meal planning more.
68	Eating less
69	No
70	More growing my own food in my garden
71	Delivery's from local store's Curb side pick ups
72	Curb side pick up
73	the occasional trip to the groceries store no more than 2 times per month
74	Using the Cow-Op online farmers market delivery system for weekly food.
75	Ordering online for pick up during the heat of the crisis
76	Growing more and preserving more but based on health issues not covid. Expansion to garden beds were already planned before 2020.
77	No, just food bank and dinners at the mound.
78	Family (sometimes) from outta town.
79	Sharing and trading with others.
80	No
81	No
82	Neighbours

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

83	Not at all
84	Going to take out more often. Thank you Timmies and A&W.

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

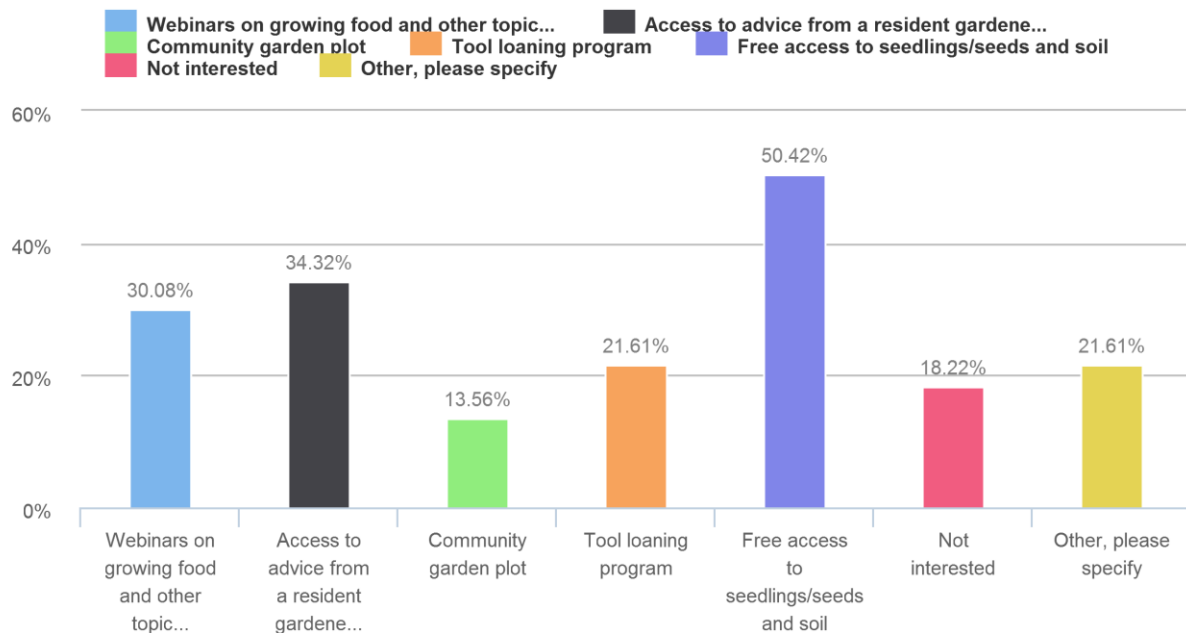
85	Relatives homes etc
86	no
87	Take-out/delivery
88	No. Just stupid line ups.
89	milk delivery
90	I am only shopping once a week instead of every few days....and it's stressful.
91	Grocery shopping: We have been shopping less frequently. Eating out: We have been eating out far less.
92	Shopping for elderly family members and cooking meals for them.
93	I have purchased 1/2 cow and a pig and it's all in my new-to-me freezers
94	Grocery store delivery service for seniors
95	Community sharing
96	I'm going to join Cowichan milk company for deliveries, starting soon. Then I won't have to go out as much to buy certain dairy products at least
97	Combining online grocery orders with other families, to get the items I/we need. Washing food before it comes into the house Ordering from grocery stores/co-ops, that I didn't used to order from, in order to get the items I needed/wanted in a timely manner.
98	having it delivered after ordering online
99	Nope
100	Shopping less often. From 2-3times a week to once every 2 weeks.
101	No
102	Yes often people post free food they don't eat I access this one possible
103	No
104	Trading

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Q6: If you were wanting to grow more food, what tools and learning opportunities would you find helpful?

All Respondents



	Responses	Percentage
Total Responded to this question:	236	90.08%
Total who skipped this question:	26	9.92%
Total:	262	100%

If Other Additional Comments

No.	Response Text
1	Access to good quality manure
2	Already have the tools and knowledge.
3	Ultra small garden. Used to garden all my life. Former large gardens.
4	Perhaps some able bodied help in return for garden space
5	Delivery option for soil and seedlings with etransfer payment.
6	seed/seedling swap and trade
7	I live in an apt, so growing more food is not an option.
8	able person to help set up some containers, soil and plants on my balcony.
9	Don't need any help thanks.
10	Books and trial & error
11	Allowing for more education to landlords so they can better understand that growing your own plants for food is sustainable and does not harm the property when it's maintained. Even when it's not, given the correct space, it can easily be taken down and chopped down to be reconciled.
12	I have farm access to plant as much as I want. Lucky me.
13	I would also be willing to crop share with local families.
14	I have lots of plants, but am not quite sure how to care for all of them!
15	Small yard in townhouse so container gardening and small lot gardening
16	some where local, limited travel as I have no space where I rent
17	Free dirt.
18	I don't get enough sunshine in my postage stamp sized yard to grow much more than a couple of pots of herbs
19	I am currently taking Food Security 101 a 10 month organic farming course- classes weekly- offered by Carolyn Herriot (author of zero mile diet) and Goldenrose Pacquette of Deep Roots Farm

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

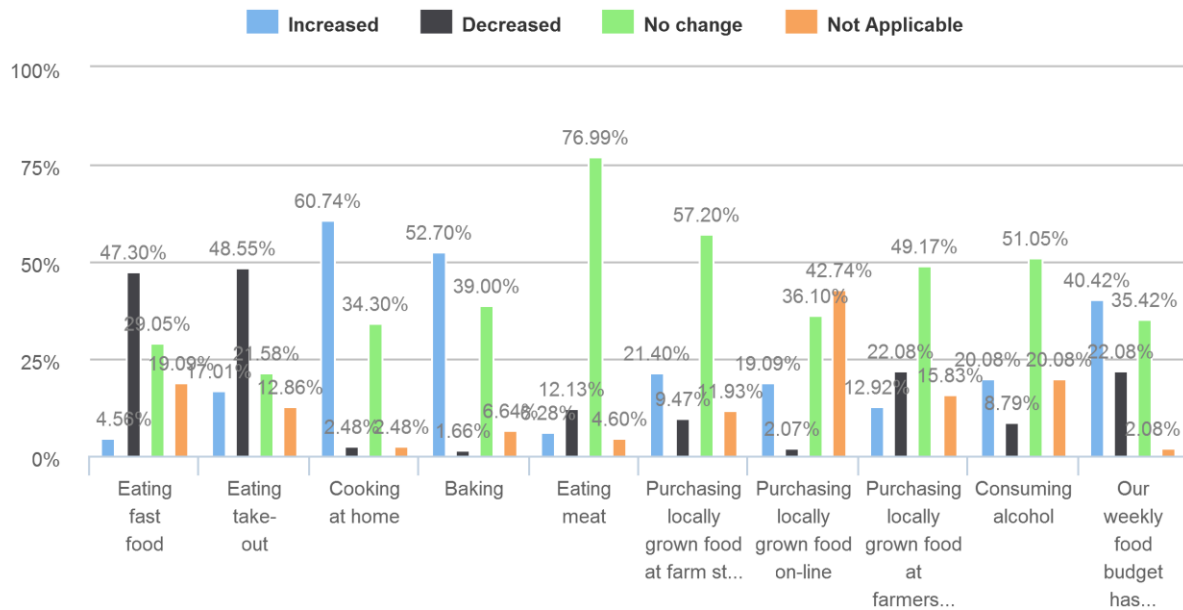
20	I need raised garden beds.
21	Time
22	The learning opportunities would be helpful not only for me but also my friends and family members that have always wanted to plant their own food as well.
23	creating a agr centre of excellence with a focus on produce for humans with the best footprint through soil enhancement, minimal water consumption, green manure only, some shade crops, etc
24	The deer need to be culled. I would love to grow more of our own food but even though we have a large yard I can only grow on a small balcony because the deer eat everything!! I am an experienced gardener and used to grow so much of our own food but in the last five years the deer have ruined and eaten everything.
25	I would like to share my garden space. I am elderly and would accept help with growing and harvesting, either for pay or for a part of the harvest.
26	too old to manage garden
27	Free compost
28	I have access to all the tools and learning opportunites I need.
29	More time to do it! Time = money....
30	I grow/raise most of my own fruit and vegetables and meat.
31	I'm lucky to have a big garden already
32	Physical assistance for elderly property owners.
33	A community garden plot, advice, seeds, plants for people who don't have access to land and want to learn like a proper community garden. I would like to see the Island more self-sufficient in food.
34	No room to grow food.
35	No
36	As a farmer in the area, it would have been nice to have more support from local government in acknowledging how important our jobs are. And realizing grass for our livestock feeds our cows which in turn feeds people. This year have had lots of rain so not irrigating. However with summer looming have to face concern our water for our crops will be shut off. We are feeding the community, we shouldnt have to be stressing if we will have enough feed for our animals because water may be shut off.
37	Soil/pots for at home
38	Already grow a large vegetable garden
39	We already have what we need for the garden
40	Neighborhood food gardening club.
41	seed share - often we buy a packet and only need a few seeds. Access to other's seedlings in a barter situation
42	Am in my mid 80's.....been growing my own food in abundance for 70 odd years....always organically.... of course! Never heard of chemical gardening during the depression, or WW2. So, while I've no real need in the advise department, I could be helpful to those wishing to learn some old "tried and true" gardening skills.....in exchange for some hands on contributions in the Veggie garden. As it is now mid June, most of the 2020 planning, planting time is nearly over. But the fall brings many integral activities....harvesting, storage of crops, preparing the soil for a winter's rest and regeneration. And come February it's time for seeds and Springs' new energy. If I can be of any help, please contact me.
43	My own home
44	We already have a small garden for our own use
45	Access to soil. I can afford the soil, but not the delivery fee. I would like to access compost at the City of Duncan Public Works yard. Slightly off topic: The City's pick-up options for branches is not adequate. It deters people, without trucks/ability to dispose of branches themselves, from growing trees.
46	I have gardened for years, so I have most the tools and for the most part know what I am doing.
47	Personally don't need seedlings seeds etc free but there was a scarcity of seedlings and seeds available and there is a lack of diversity. We need to increase both the quantity and the diversity of what is available
48	I would only grow pots of tomatoes
49	More garden area at my home
50	Someone to do the heavy lifting
51	Food preservation - canning, dehydrating, etc

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Q7: Please indicate whether the following actions have increased, decreased or stayed the same since this COVID-19 crisis:

All Respondents



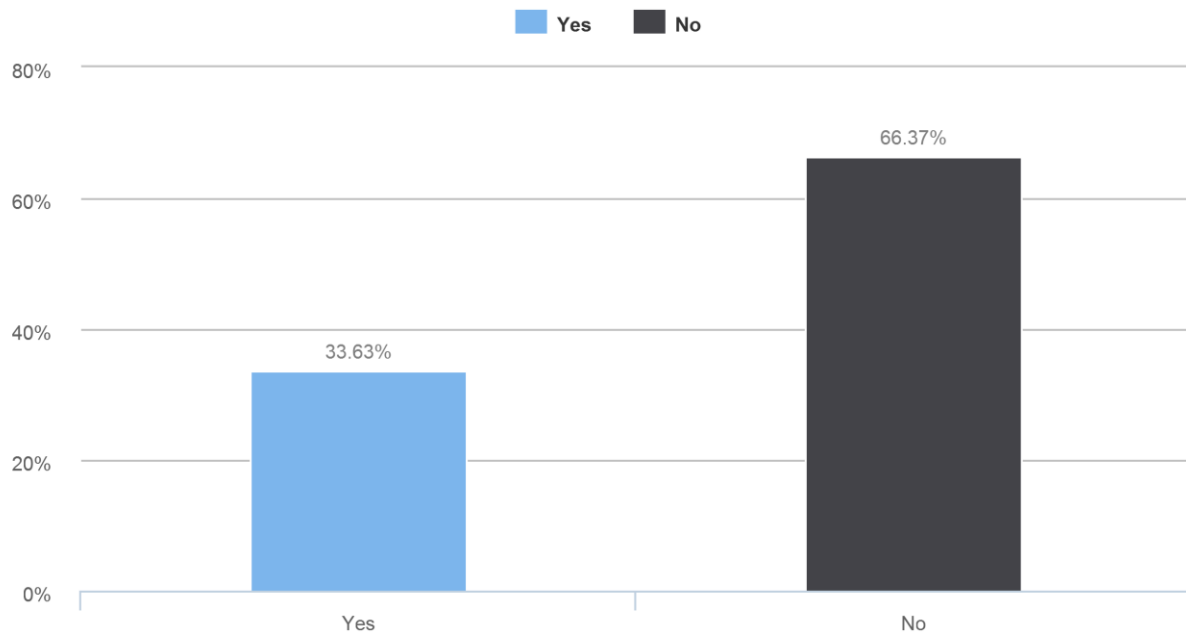
	Responses	Percentage
Total Responded to this question:	241	91.98%
Total who skipped this question:	21	8.02%
Total:	262	100%

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Q8: Are there any new ways your household is becoming more self-sufficient?

All Respondents



	Responses	Percentage
Total Responded to this question:	223	85.11%
Total who skipped this question:	39	14.89%
Total:	262	100%

Additional Comments

No.	Response Text
1	cooking more from scratch
2	more time for gardening with more deliberate planning to preserve more of what we will harvest
3	We have always grown a lot of our own food
4	Growing food, more stored food
5	Sharing cooking duties. Considering more garden space
6	more careful with food to decrease waste; doing jobs we would normally contract out
7	Eating out much less, cooking more meals per day.
8	Gardening vegetables, making all our food from whole ingredients
9	We barter food with family
10	I strive to be as self sufficient as possible anyway. Covid 19 has just endorsed the need for this goal.
11	I have lived at this level since the death of my husband
12	This has had very little impact on us.
13	Installed water catchment tanks. I've grown a vegetable garden for many years but I've increased production to share and process more food.
14	All work done by us.
15	No extra trips to the grocery store or other stores. Using what we have in the house.
16	expanding gardening
17	Baking and cooking
18	Property is already set up to produce garden and fruit produce.
19	no change to pre Covid
20	In process of making raised beds for vegetable gardening.
21	Planted a vegetable garden

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

22	trying to grow our own vegetables.
----	------------------------------------

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

23	We do not have any ability to raise animals for food, it is not allowed by the bylaws to raise most of the animals for meat. It is not clear on chickens in our area because half of the regulations fall under Duncan, half under Cowichan district.
24	using up food from the freezer
25	Always grow a garden and cook most of meals at home.
26	Increasing garden size
27	Less eating out, less sharing food with friends.
28	shopping less often. if we don't have a food we want, we substitute or do without
29	gardening, making almond milk, kombucha, harvesting nettle
30	Installed water filter to avoid having to fill jugs at the store.
31	already conserving water and energy use
32	More time to plant produce and garden
33	cooking more, meal planning
34	cooking more at home.
35	I'm doing more ' from scratch cooking'... and I hate cooking.
36	Making masks and soap
37	Trying to grow an online business.
38	Growing veggies, fruit and eggs
39	Buying in quantity and freezing anand growing more fooddg and preserving
40	Seasonal change
41	Increased garden space
42	we grow some vegetables every year
43	Finding ways to re-use things that we would recycle.
44	More preparation and attention to food sources and storage
45	Expanded veg garden, dehydrating, more freezer space
46	Growing chickens, pigs and garden veg
47	gardening
48	increased number of home vegetable gardens
49	my thinker is broken and am left on my own to make decisions
50	growing more food, thinking of getting chickens again
51	weeding own gardens
52	Expanded my garden, which was planned, not in response to covid
53	We all eat together so no food goes to waste
54	Increased garden beds
55	Better stocked with staples
56	buying fire wood and planning on a insert before fall
57	Doing without, instead of making extra trips to town.
58	Increasing size of veg plots this year
59	cooking at home more. Buying local food more. shopping online for cat food and litter.
60	Growing lettuce and peas and tomatoes etc
61	Buy from stores
62	only to buy
63	We were fairly self-suffient before the pandemic.
64	I am pretty much self sufficient anyway
65	We go to town less.
66	Preserving food, house cleaning products, saving seeds
67	Prices go up on everything but gas. Doesn't help me out.
68	Gathering of family increased, however we eat out doors, back yards of our larger families together at picnic tables. We each bring our own to share with each other.
69	Being more thoughtful about going out to get things needed. Trying to make do with what is at home. Cutting down on trip off the property.
70	More processing food bank veggies.
71	More clients are helping clean
72	Relying on food banks & trying to grow our own fruit & veggies
73	Greatly expanded our garden. Considering getting ducks for eggs.
74	Maintaining a higher stock of canned goods, alcohol, cleaning and personal defence items.
75	Shopping weekly instead of more often.
76	Built a vegetable garden
77	driving less
78	just growing more food - plants, chickens. sharing / bartering
79	We always have been.
80	no house keeper. No landscaper. Less eating out. growing fruit and veggies
81	See above
82	Not over buying & storage

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

83	Starting a garden
84	Decreasing use of single use everything we can

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

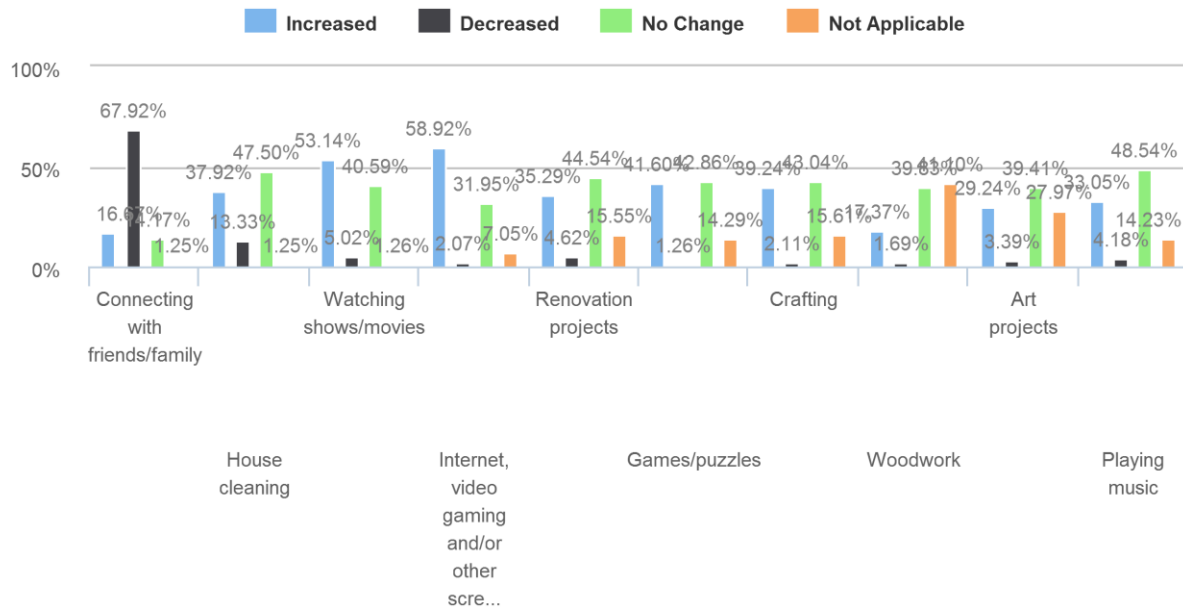
85	Making art creativity and home improvement
86	I rent a suite and have very little contact with the landlord. This situation provokes me to make connections outside my residence
87	We've always lived a simple life
88	I've done all I can humanly and physically
89	when sharing a rental unit, the values are differen for everyone.

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Q9: Household Activities: Considering the following activities, please indicate how the level of participation may or may not have changed in your household since the COVID-19 crisis.

All Respondents



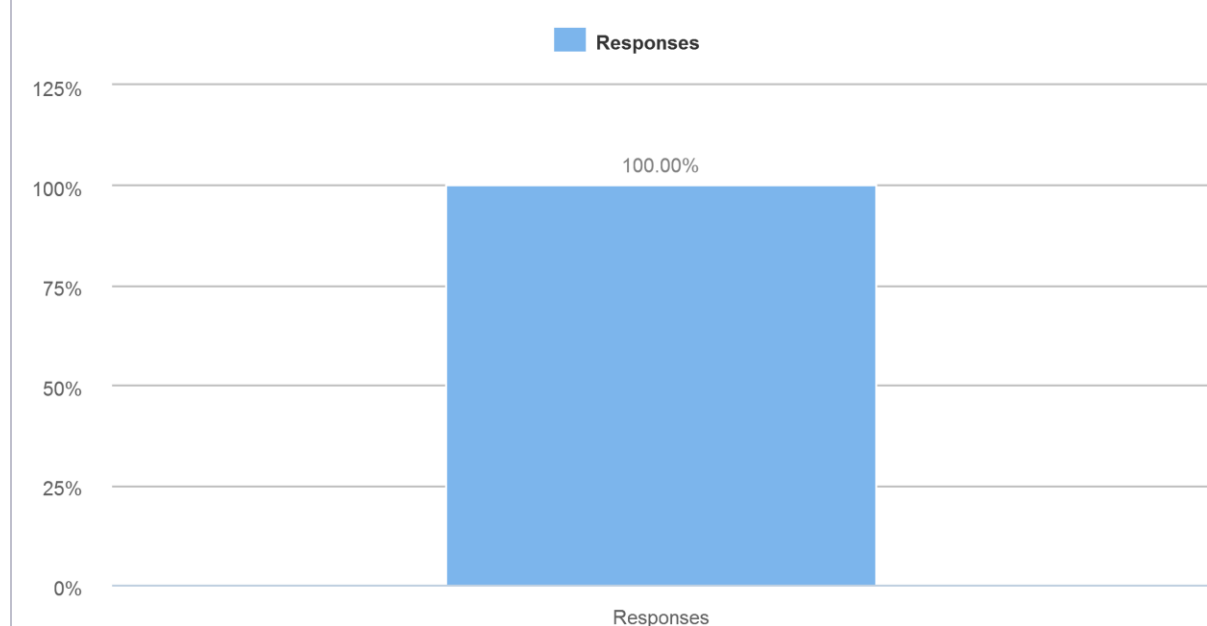
	Responses	Percentage
Total Responded to this question:	241	91.98%
Total who skipped this question:	21	8.02%
Total:	262	100%

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Q10: If your household has been learning new skills, please share what they are and where you are learning them from. (e.g., from neighbours, friends, online videos, etc.)

All Respondents



	Responses	Percentage
Total Responded to this question:	91	34.73%
Total who skipped this question:	171	65.27%
Total:	262	100%

Additional Comments

No.	Response Text
1	since I am doing essential service I do not have extra time to do this
2	Latte art, ukulele. Learning through practice.
3	canning, sourdough bread, knitting, all online YouTube videos.
4	Not applicable
5	Framing structures on my property. From videos.
6	Gardening, crafts
7	Gardening (flowers) Baking
8	Made our own sourdough starter.
9	Online video, phone calls
10	Baking bread (online and friends). We have resurrected our vegetable garden after not doing much with it for a few years. Not new skills, but making use of ones we haven't used for a while.
11	Baking, gardening and knitting skills from watching YouTube videos
12	trying to make sourdough bread with consultation from friends learning new musical instrument techniques online learning to increase our food production and seed starting -online and neighbours
13	Learning to play the Spoons via online Udemy course
14	Online mom forums
15	making naan bread. (learned online)
16	DIY Landscaping...on-line tutorials
17	youtube
18	My partner has learned to hand sew masks. I'm a professional cook and have been offering advice to others and a member of several cooking info sharing groups.
19	growing plants from seed for the first time going for more walks on isolated trails

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

21	music skills from youtube
22	How to use video-conferencing and work-related internet apps.
23	Zoom - self taught & tips from friends Libby - Library app
24	I am learning how to sew face masks out of fabric from second hand clothing. YouTube videos have been very helpful!
25	Just trying things out.
26	For DIY projects, Youtube and specialty blogs work
27	I have been continuing to learn more and more about gardening, watching videos about no-dig gardening, permaculture. I have also been practicing nature journaling and connecting more with nature in general, really appreciating the beauty of spring. I have learned about nature journaling from an amazing book by John Muir Laws (free download).
28	woodworking, crafting, gardening, house renovations youtube, phone conversations
29	Bee keeping through books and online videos Raising vegetables from seeds (books, online videos) Building a fence to keep deer out of yard (online resources)
30	renos (online videos); paint pouring art (f/b and youtube).
31	Online, mostly via Zoom Learning about Labyrinths in preparation for visiting various Vancouver Island Labyrinth sites when it is safe to do so (fall or next year). Card making.
32	recipes, sourdough from scratch repurposing plastic bottles and cans into flowers play saxophone create fishing lures pysla beading designs google, pinterest, online videos, friends-socially distanced
33	Do a lot of personal growth work through online webinars, groups, zooms etc..
34	You tube instruction in gardening, knitting, crocheting, cooking
35	Gardening, construction.
36	Home schooling and associated software Wild plant/wildlife identification (online groups)
37	Mainly children's crafts
38	Drawing programs online from school teachers
39	Woodworking, house maintenance
40	cob building - internet
41	Learning French online
42	Gardening, online
43	Using a skill saw and building things
44	online (Zoom and Webex) meetings
45	gardening - friends, neighbours, google building - friends, neighbours, google
46	Social media skills - friends and colleagues
47	Helped friend learn how to use power tools, do some simple home projects.
48	guitar: free internet classes qigong: internet classes
49	ZOOM skills from friends
50	new technology like Zoom-learning from work
51	Learning how to crochet online video books
52	Gardening and raising chickens
53	baking and cooking on line videos.
54	Making masks and caps with Covid Action Cowichan.
55	projects fixing up house learned from online videos
56	Tried out hobby model car building, but unfortunately the one I bought has a few issues that I will have to get help with from my dad (who's had some dealings with similar items in the past)
57	Music lessons from apps/YouTube; reading craft books/recipe books
58	Gardening from mother in law
59	online: cooking healthier food, Moroccan, Asian etc. buying exotic spices or staples online
60	My husband has always been a carpenter and loves gardening so he's been able to do these things by experience. I am cleaning house more with kids home 24/7 it keeps getting messy.
61	No changes
62	I watch some video online.
63	Sour dough baking. From books and my mother
64	watching the encore Metropolitan Operas every night and learning more about classical music, especially operas.
65	Cooking different things we haven't made before. More time to play piano and work with our animals
66	Books, on line sources. Before covid, continuing education classes, library books.
67	Preparing for Christmas gifts by making an assortment of small items for the children.
68	?
69	Gardening - books & gardeners' advice Street savvy, eg. finding available water fountains, washrooms etc. which are becoming scarcer.
70	N/A
71	N/A
72	Online courses, quora, government websites, .gov.ca etc
73	No involvement at such at this time
74	Gardening
75	Trying to grow strawberries & learning from neighbours and friends

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

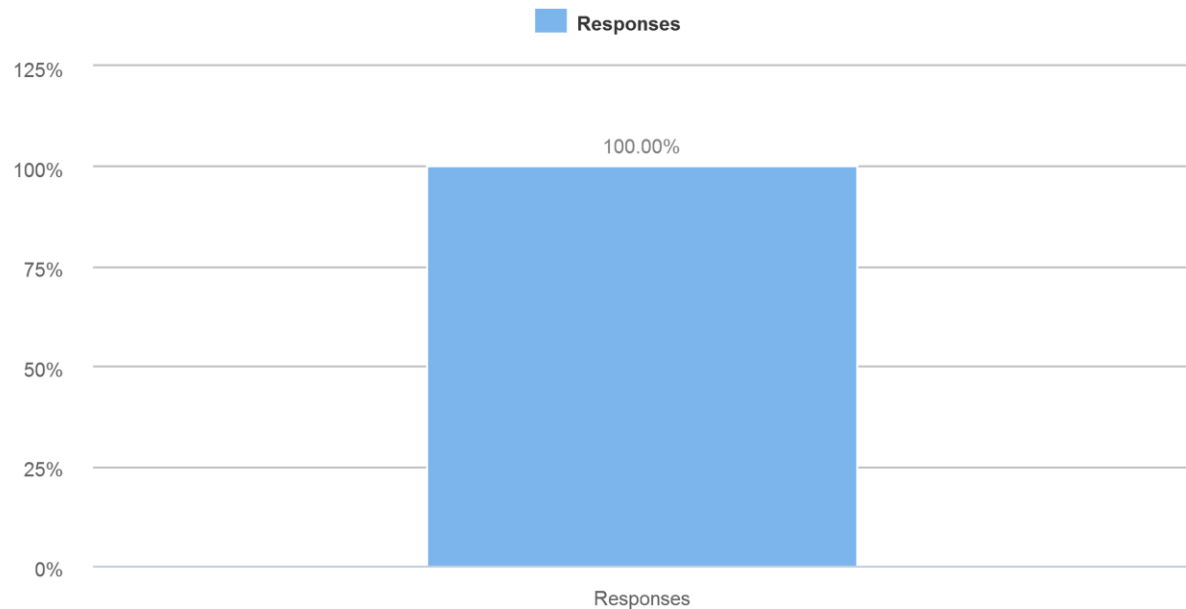
76	I worte no change connecting iwth family friends above, but there has been a significant change: in person connection greatly reduced. Online (facetime, zoom) greatly increased. I didn't marke that under "video gaming/ screen time" even though it uses a screen as I felt its different. Learning gardening guidance from friends and from online videos for things I haven't grown or sprouted from seed before.
77	Turning roadkill and other proteins of opportunity into valuable food sources. Online videos of course. Check out the survival channels on Youtube
78	Gathering firewood for wood heat from branches, with my boyfriend. Birdwatching, from friends and Valley Naturalists. Internet lectures, political and spiritual, from my boyfriend.
79	how to sew masks....online
80	mostly I am being asked about gardening from my friends. And sharing things like sourdough starter and veggie starts.
81	Built a bench in the backyard with the help of a friend. Sanded and stained my porch and stairs. Got tips from internet/youtube
82	Trying new styles of painting/drawing just through experimentation and some online videos. Building a bench with my brother.
83	Learning more about gardening from relatives
84	Online learning about gardening. Online learning about web development.
85	Improving gardening skills - especially related to food plants and herbs On line, friends
86	Cross stitch embroidery
87	Bread baking, online
88	Connecting with family and friends through social media and internet
89	Just observing the behaviour of human beings very very interesting and funny too
90	developing face masks, attempting to build my own clothing.
91	yoga online, zoom hosting

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Q11: Please share any additional observations about how your food security and/or household activities may have changed since the COVID-19 crisis that have not already been mentioned.

All Respondents



	Responses	Percentage
Total Responded to this question:	96	36.64%
Total who skipped this question:	166	63.36%
Total:	262	100%

Additional Comments

No.	Response Text
1	definitely being more deliberate with shopping, planning for weekly/bi-weekly shops and no stop ins for one offs. Still getting take out every once in awhile to mix it up and support local.
2	It appears that growing home is fad at the moment while some people have time on the hands. Hopefully they can sustain the effort.
3	Making the garden bigger, planting more seeds.
4	Minimal change
5	Fewer trips for food.
6	Life pace is slower, no rush to get things done, can live in the moment.
7	We have been more intentional with our meal planning to ensure we maximize what food we have and avoid unnecessary trips to the grocery store.
8	With having all three children home I haven't had time to plant a veggie garden
9	We never used to bother with having a well stocked pantry, but we've got one now ! It's nice to know that we have the supplies we need, reducing our need to go into shops .
10	I'm spending more time in front of a screen to keep up on some news and to stay connected with family and friends. I find screen time to be a black hole that sucks my energy and deadens my creative inspirations. I do the above stated activities, woodworking, crafting, renovations as needed but am not creating art or playing music as I am stuck in front of a screen far more frequently.
11	Due to depression just getting everyone meals is exhausting.
12	We are rarely leaving the house. We normally would be hiking, playing sports or going to beaches but now we only walk in our neighborhood. Rarely use our vehicles.
13	I don't really feel that much of anything has changed for us. But that's because we rarely ate out, always cook at home, and did a lot of activities mentioned above anyway.
14	More social encounters are mediated by technology. Really missing the human connection.

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

16	We have increased our pre planning of meals now only shop every two weeks as opposed to once a week
17	used to get bread from food bank but no longer do that.
18	Washing everything as soon as it comes in the door. Not using cloth bags.
19	Greater uncertainty as to the strength of the global food system and an understanding we need to be as self-sufficient (and local) as possible (even if spending more). Worried about farmers adapting and selling as the farmers market is much smaller and restaurants closed. Wondering how we can support them better so we can increase local food security. Also worried about lower-income folks who may suffer more if global food prices start to increase substantially.
20	More aware of local produce
21	We are buying more frozen foods with our fresh foods. We are also finding it harder to buy enough for 4 adults because people feel we are bulk buying when really we are just trying to buy enough for us to last a week Before this we would buy the bulk of foods that would not spoil or could freeze for a month and then buy fresh every few days. Now we have to go out more often, being exposed to more people.
22	Not being fussy about what groceries people pick up for me. It is no big someone is show love and trying to do there best job.
23	Grocery bill has increased significantly because I cannot shop the way I usually shopped. Before, I picked up sale items when I knew I would eventually use them. Now, I buy what I need at non-sale price and when I try to buy sale items from the store flyer, they are often not included in my order. I cannot look at the products myself and am often disappointed in what the store sends to me.
24	I have been a lot pushier giving away vegetable starts to friends and coworkers but more of them are interested!
25	really miss people contact still getting used to wearing masks and gloves every where
26	Changes to grocery shopping habits, having to be more organized with lists and limiting frequency of shopping. Challenges of short supply of food on shelves when you do get to grocery store.
27	my husband and I both work. fortunately, \$ for food is not an issue for us. we have donated to the local food bank.
28	Since the closing of parks, we have been exploring more back country trails with the bikes
29	buying in bulk since unsure when will be back to store- ordering on line and picking up purchases from local stores. Having children order items from Amazon-not sure how to do this. More time spent at home which enables craft time since unable to travel an hour away to visit with parents in 2 separate long term facilities-so making only phone calls
30	more mindful of shopping local, then province then Canadian products
31	Eating crappy on sale food, because veggies and meat is so expensive. So, I feel "blah" all the time and just want to sleep more.
32	kids are getting creative and trying new things to keep selves entertained
33	My child seems to want to eat much more frequently
34	less sale prices and harder to get canadian grown potatoes , onions , carrots
35	I think that having time to pursue and pay attention to food gathering and preparation is a big plus.
36	Difficulty accessing some items at grocery stores Concerns about supplies. Buying large amounts of groceries less often to avoid going to store. Fears around going out shopping
37	Very little.
38	We have time to eat a bigger breakfast as we are not rushing to go to school. We eat a proper/warm lunch most days instead of sandwiches for school. We rarely eat out, that hasn't changed
39	Obvious shortages at grocery stores but alternatives available. Don't exercise nearly as much. Limited to walks and gardening. Tried cycling but honestly a lot of work and so far not much fun.
40	Learning to use what we have and plan ahead more
41	Sharing with family and friend how to preserve food over the winter and fresh frozen vegetables like peas, beans, and broccoli. Sharing how easy it is to grow.
42	We are cooking for other community members and a neighbour takes it to drop off to them about once a week
43	Had to increase mental health awareness since being secluded socially from other community members and not being able to participate in group activities such as dancing and swimming has greatly impacted me in a negative way
44	More awareness of food coming from outside of Canada. More takeout dinners and intentionally supporting local businesses.
45	Spending less, more planning into food.
46	My partner is busy fixing everything around the house or yard that needs attention. Everything works now!
47	We have more time to be with and enjoy each other, more time for games, for laughter, for walks, for eating together
48	We are spending more time either indoors (reading, cleaning, preparing food, etc.) or outside in the garden. My husband and I go for short walks in the neighbourhood. My husband has started to take 1-hour walks in our local trail. Our son very rarely wants to leave the house. His paper route has been reduced from 2 days a week to 1 day a week.
49	Lots of sewing!
50	Decrease in availability of many usual products, cannot get hydrogen peroxide for instance, needed bathroom cleaner took 3 or more weeks to find. Often cannot get my usual items at the grocery eg. lactose free milk
51	Looking to purchase Canadian food products over imported

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

52	Do not venture to more distant grocery stores to find the food we want. Now more depended on the groceries that deliver, their ability to have and select the food we want. As a result we have had to do with a more limited food selection
53	Long walks daily on the trails have been wonderful. Sleeping more.
54	We have restricted our interaction in stores. Purchasing more online, for curbside pickup or mail delivery.
55	too much time at home!
56	It is harder to eat. I get bored with food, having to eat food. I am actively trying to get more interested in food. It's hard because I eat alone all the time. (Except for cat company).
57	A lot of items we need are often sold out. So I shopped online with stocking up a ton from amazon.
58	social life is now nonexistent
59	No change we've been working this whole time
60	I find it very stressful washing every thing before coming into the house. It's a halve day event practically. Some people don't do this but I feel I should.
61	I'm still working full time from home so though I'm trying to grow more food I really don't have much extra time.
62	basically NO change !
63	A neighbour has been doing some shopping for me as I am immune-suppressed and do not want to take the risk of catching Covid 19
64	We were already making a lot of our foods from scratch because I try very hard to avoid packaging and processed foods. Emotionally we were freaked out, then we were enjoying the simple life and then after a while we were missing having a social life. We have an only child so having a friend is important. We also live next to my elderly parents so it's tough to juggle the needs of an 8yo and still protect my 84yo dad
65	We were already becoming more self sufficient but more people have been asking for gardening advice.
66	Less people over.
67	Thanking the Cowichan Bread Basket Society for the hampers received as well family contributions.
68	I'm more focused on tasks. Buying food etc.
69	I have been having to keep things clean and keep food wrapped.
70	The community has stepped up to feed the most vulnerable. It's great to see.
71	Nothing has changed
72	Spending more on food while kids home from school.
73	Life as usual for a farmer. Rarely socialize with people anyway. Only thing that has changed is that we regularly only go to town once every 2 weeks and are able to stock up on more items. Now we have to go to town more often because of limits on items. Cant get what we need or when we go items are not in stock. One thing people seem to forget is biosecurity on farm. Everyone not working wants to visit. But we need people to stay away. Dont need to get sick ourself.
74	Spending more time with family members
75	Sanitize & wash w/soap & water all foot items (cans/milk cartons etc) when arriving from store at home.
76	Ordering in larger quantities in bulk for dried goods, like 25 lb bags and then not having to do shops so often except for fresh goods.
77	Brush has been cleared to improve outgoing fields of fire
78	Stockpile decreased radically Back shopping and replenishing Fewer visits to stores
79	I miss pickleball!
80	Quality of fresh food in grocery stores has decreased. Food is far more expensive. Food shortages in grocery stores. Longer lines to get into a store. Very few people wear masks. My energy level is lower so household activities like housework or cooking has become a discipline.
81	Not eating cafe food as much
82	My larger more intensive garden means lots of organic high quality food, good exercise, and lower bills.
83	some items were at a premium for awhile as many folks were hoarding. Empty shelves. Baking items especially hard to come by. Seemed like everyone was using their spare time to bake with the family.
84	Washing supplies & groceries, more use of Lysol at home & in car,
85	Showed me how much I miss having a space to grow.
86	I have been ordering online since July of 2018, as I am unable to drive. I was feeling additional panic when the grocery stores could not keep up with online orders, as there was no other way for me to go get groceries. I also require assistance with home/yard/housecleaning, but was unable to access this for 2 months. My ability to fend for myself was severely compromised, which left me feeling vulnerable as my usual supports disappeared.
87	I had a plumbing leak in a wall right before everything shut down in March. All my plumbing needs to be replaced and a company was able to patch the leak and replace some of the lines, but had to stop work. My basement has open walls and ceilings. I also need to run additional electrical outlets and then insulate and have the space dry walled, but nothing can be done until the plumbing job has been completed. It is a huge mess.
88	Fresh Meat has increased in price so have reduced amount purchased. Buying more frozen but don't have a deep freeze so very limited in space.
89	Marked decrease in overall spending, shopping, even in what food we bring in to the house. Working on decreasing waste, also seem to be eating less.
90	Canning pickling
91	I've been lucky because my income (retirement pensions) has not been affected so that my food security has been relatively stable. I've even been able to do take out more to support local businesses

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

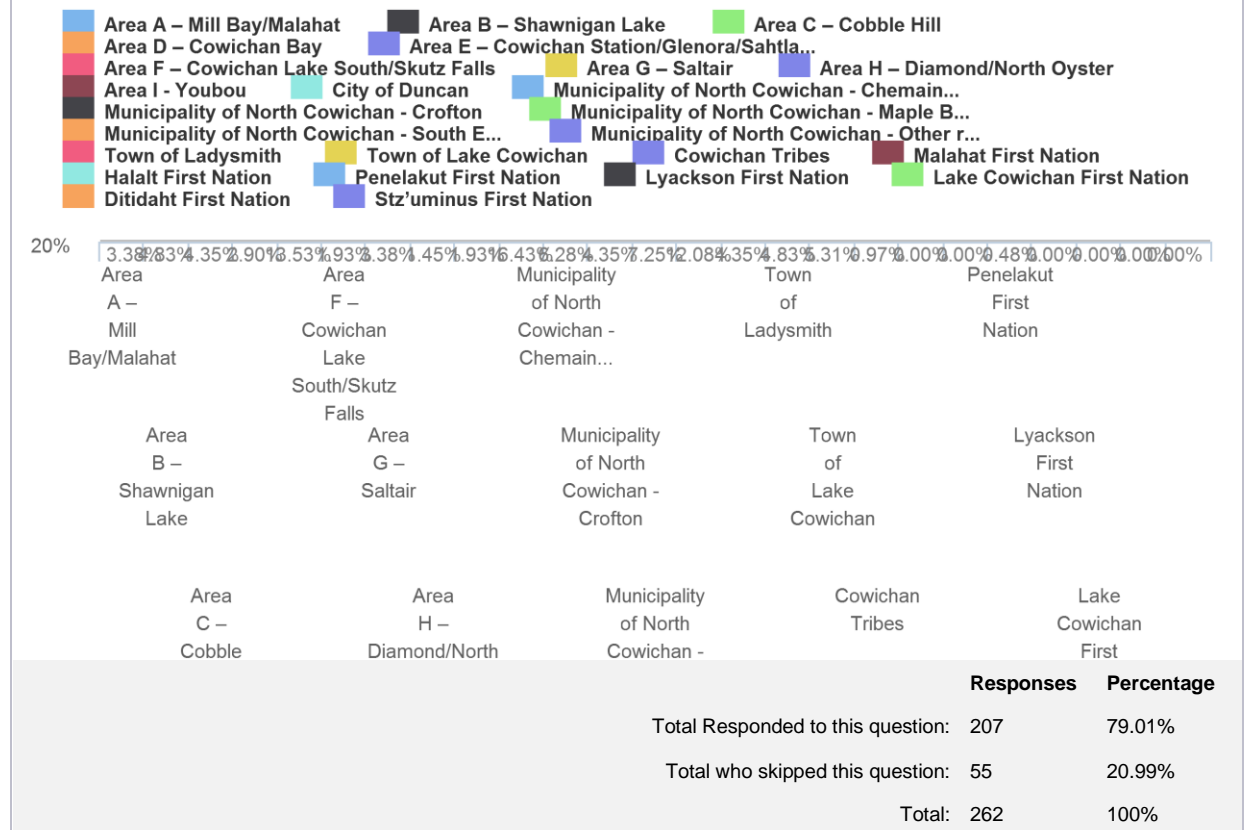
92	Try to shop only at one grocery store instead of many. Also registered to pay Hydro and cable online so I don't have to stand in line at the bank
93	Somethings (flour) have been unavailable
94	Too sad and too person for this report
95	difficult when I share rental unit with others. My food is being stolen.
96	spending more time outside in nature, hiking, learning more about gardening

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Q13: What community/area do you live in within the Cowichan Region?

All Respondents

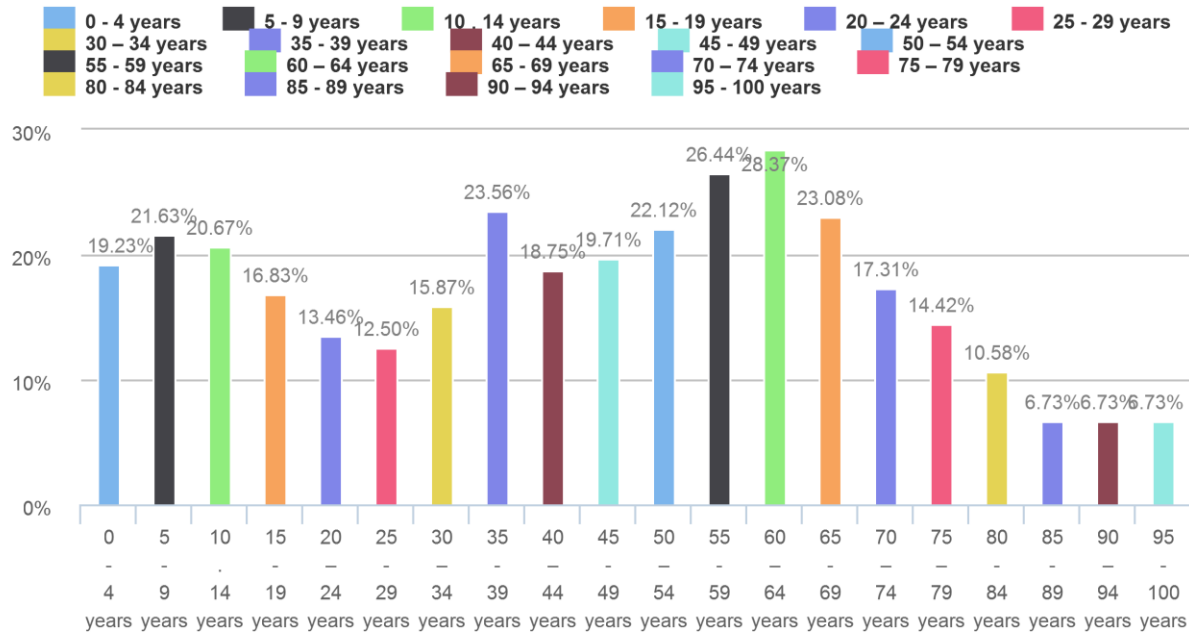


Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Q14: How many household members do you have in each of the following age ranges?

All Respondents



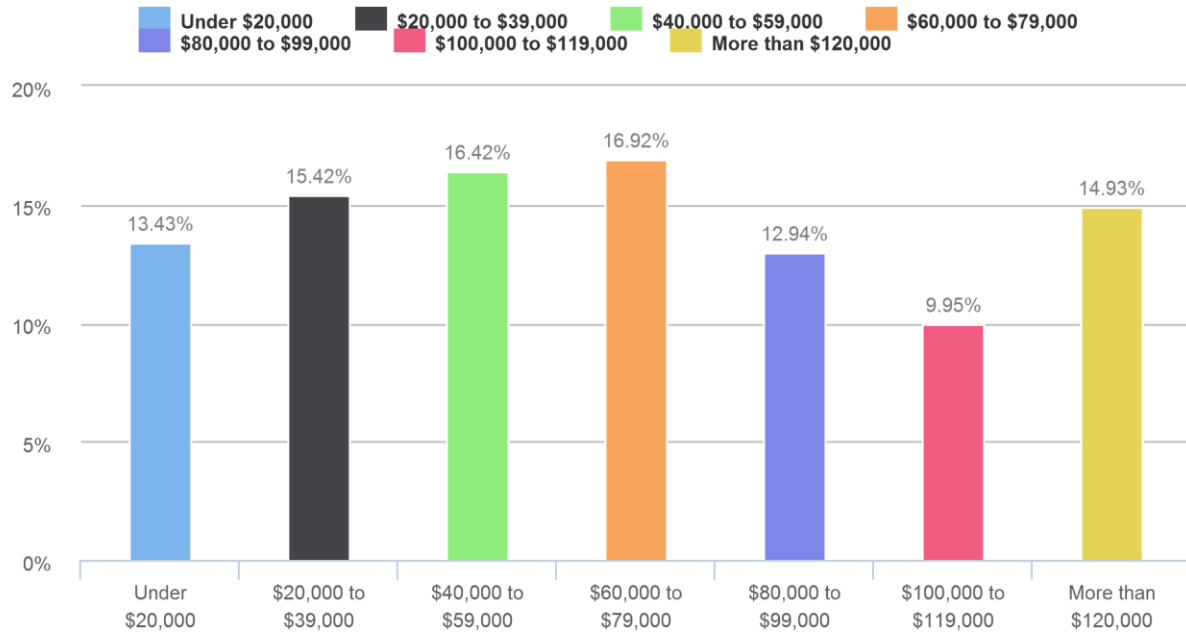
	Responses	Percentage
Total Responded to this question:	208	79.39%
Total who skipped this question:	54	20.61%
Total:	262	100%

Social Planning Cowichan - COVID-19 Community Survey Raw Data

Work and Household Income

Q15: Which of the following categories best describes your total annual household income?

All Respondents



	Responses	Percentage
Total Responded to this question:	201	76.72%
Total who skipped this question:	61	23.28%
Total:	262	100%