

# HeritageBC



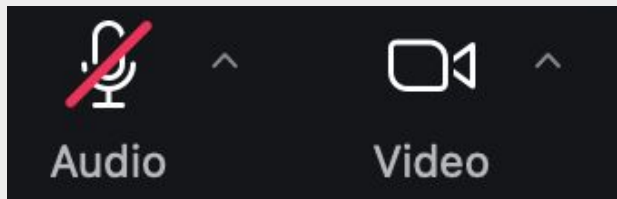
## BC Heritage Week Virtual Launch: Food for Thought



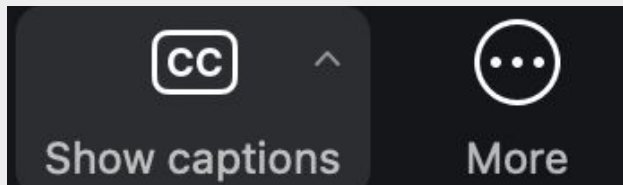
Sponsored by O4 Architecture

# Meeting Reminder

---



Please **stay muted** to minimize noise disruptions. We encourage you to keep your video on for the speakers.

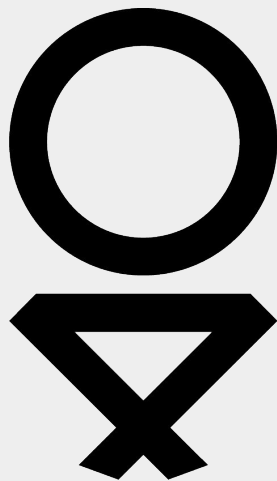


We have **enabled closed captioning**. Click the “Show captions” button to access. It may be hidden under the “More” menu.

Heritage BC's 45th Anniversary

# Thank you to our Sponsor

---



**O4 Architecture**

[o4architecture.ca](http://o4architecture.ca) | [@o4architecture](https://www.instagram.com/o4architecture)

# Today's Agenda

---



1. Introduction to Heritage BC
2. What to Expect BC Heritage Week 2026
3. Presentation by the BC Food History Network

# Heritage BC

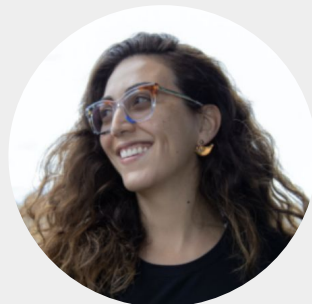
# Meet Our Team



Kirstin Clausen



Leslie Bush



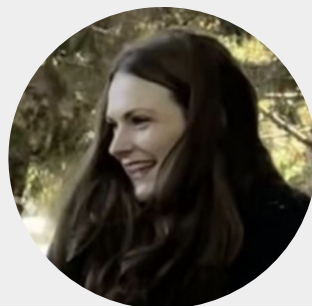
Maria Arias



Scott Swan



Katie Varney



Maria Buhne

## Volunteer Board

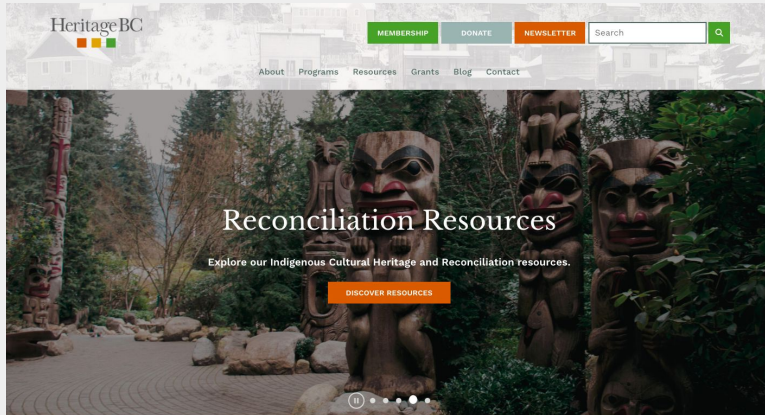
- Keri Briggs
- Judith Mosley
- Ben Capps
- Rizwaan Abbas
- Gavin Chamberlain
- Kate Cox
- Suki Dhillon
- Kristina Hannis
- Dianne Hinkley
- Orville D Lim
- Christina Reid
- Lillian Rose

HeritageBC



Heritage BC

# Programs & Activities



- Annual Heritage Conference
- Funding (Heritage Legacy Fund)
- Newsletters & Online Resources
- Webinars & Online Courses
- Heritage Awards
- Membership Benefits
- **BC Heritage Week**



heritagebc.ca

HeritageBC



# BC Heritage Week

---

**Goal:** To inspire people to connect with local heritage and to raise awareness of the many ways heritage shapes our communities, identities and daily lives.



- Program administered by Heritage BC
- Annual province-wide celebration of heritage
- Every 3rd week of February
- Heritage-related events and activities across BC

BC Heritage Week  
What to Expect in 2026



**100+**

**Registered Events  
& Activities**

**37**

**Communities  
in BC**

**62**

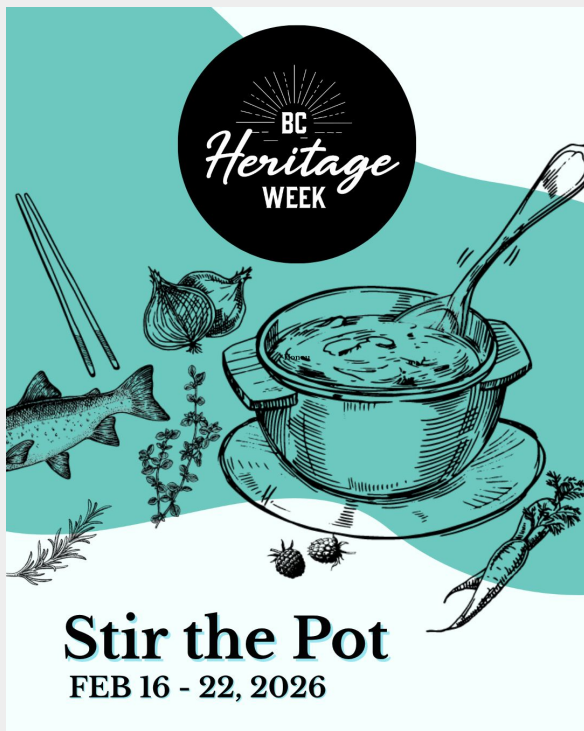
**Event Host  
Organizations**

HeritageBC



# BC Heritage Week

## What to Expect in 2026



### Events and Activities

Walking Tours, Exhibitions, Workshops, Recipe Sharing, Talks, Displays, Demonstrations, Dining Experiences in Heritage spaces, Baking Contests and Tastings, School Programs (offered by schools and for schools, Storytelling, Partnerships with Restaurants

### Event Hosts

Heritage Societies, Heritage Sites, Municipalities, Libraries, Senior Centre, Schools, Museums, Non-Profit Cultural organizations, Archives, etc.

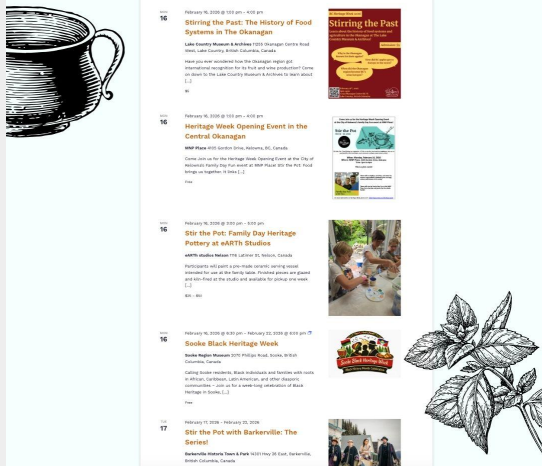
HeritageBC



# BC Heritage Week Planning Your Week



Search Events at [heritagebc.ca/events](https://heritagebc.ca/events)

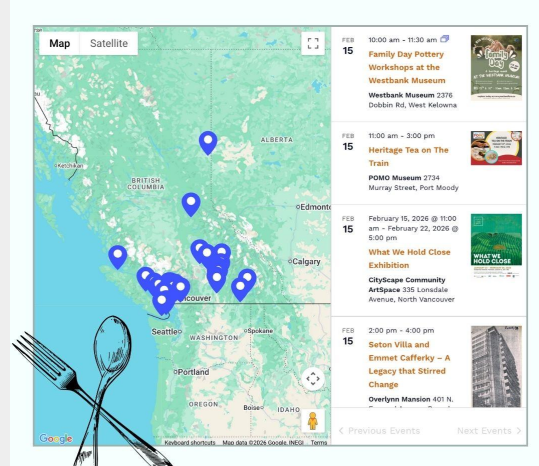


February 16, 2026 @ 10:00 am - 6:00 pm  
**Stirring the Past: The History of Food Systems in The Okanagan**  
Lake County Museum & Archives 1075 Dunbar Centre Road  
www.lakemuseum.com/okanagan-heritage-week

February 16, 2026 @ 10:00 am - 6:00 pm  
**Heritage Week Opening Event in the Central Okanagan**  
MSP Place 4100 Gordon St., Kelowna, BC, Canada  
Come join us for the Heritage Week Opening Event at the City of Kelowna's MSP Place. The event will feature a variety of activities and performances. Free admission. All ages welcome. For more information, visit [www.kelowna.ca](https://www.kelowna.ca).

February 16, 2026 @ 9:00 am - 6:00 pm  
**Stir the Pot: Family Day Heritage Pottery at 48TH'S Studios**  
48TH Studios 1715 Lathrop St., Nelson, British Columbia  
Participate in our 2pm-4pm pottery workshop, joining local artists for an afternoon of hands-on pottery-making and socializing. All materials are included in the ticket price. Free admission. All ages welcome. For more information, visit [www.48thstudios.com](https://www.48thstudios.com).

February 16, 2026 @ 9:00 am - February 22, 2026 @ 6:00 pm  
**Stir the Pot with Barkerville: The Series!**  
Barkerville Heritage Park 2000 Hwy 20 East, Barkerville, British Columbia, Canada  
From February 17 - 23, Barkerville will offer one episode per day of Barkerville: The Series on its Facebook channel.



Map Satellite

February 15, 2026 @ 10:00 am - 11:30 am  
**Family Day Pottery Workshops at the Westbank Museum**  
Westbank Museum 2376  
Dobbin Rd, West Kelowna

February 15, 2026 @ 11:00 am - 3:00 pm  
**Heritage Tea on The Train**  
POMO Museum 2734  
Murray Street, Port Moody

February 15, 2026 @ 11:00 am - February 22, 2026 @ 5:00 pm  
**What We Hold Close Exhibition**  
CitySpace Community ArtSpace 335 Lansdale Avenue, North Vancouver

February 15, 2026 @ 2:00 pm - 4:00 pm  
**Seton Villa and Emmet Caffery - A Legacy that Stirred Change**  
Overlynn Mansion 401 N.

< Previous Events Next Events >

107 Events connected to:

- Stir the Pot Theme
- Black History Month
- Lunar New Year
- Family Day

HeritageBC



# BC Heritage Week New Ways To Share



Follow along and share  
@BCHeritageWeek



Search and Tag  
#BCHeritageWeek

Find and Share  
@BCHeritageWeek

# BC Heritage Week We're Official!



Canada  
Province of British Columbia

A Proclamation

CHARLES THE THIRD, by the Grace of God, King of Canada  
and His other Realms and Territories, Head of the Commonwealth

To all to whom these presents shall come – Greeting

WHEREAS Heritage Week is celebrated each year to recognize the importance and diversity of British Columbia's heritage, cultural traditions and historical places, and

WHEREAS the theme for Heritage Week 2026 is "Share the Past," celebrating the ways food connects people to the land, to traditions, to their families and ancestors, and to one another, and

WHEREAS heritage conservation contributes to economic, activity, job creation and tourism and is a key element in building sustainable communities, and

WHEREAS the government of British Columbia acknowledges Indigenous culture has always existed and is inextricably woven into memory, culture, place and practice, and

WHEREAS people from all walks of life and from every community contribute to the rich cultural heritage of the province, and the government of British Columbia acknowledges the cultural heritage, histories, special places, shared stories and enduring traditions of the diverse peoples who call this land home;

NOW KNOW YE THAT We do by these presents proclaim and declare that February 16 to 22, 2026, shall be known as

"Heritage Week"

in the Province of British Columbia.

IN TESTIMONY WHEREOF, We have caused these Our Letters to be made Patent and the Great Seal of Our Province of British Columbia to be hereunto affixed.

WITNESS, The Honourable Wendy Cocchio, Lieutenant Governor of Our Province of British Columbia, in Our City of Victoria, in Our Province, this twentieth day of January, two thousand twenty-six and in the fourth year of Our Reign.

BY COMMAND

  
Lieutenant Governor and Deputy Premier

  
Wendy Cocchio  
Lieutenant Governor

Province of BC issued an official proclamation for Heritage Week.

Proclamations also issued by:

- District of Highlands
- Township of Esquimalt
- Ladysmith
- New Westminster
- Oliver
- Port Alberni
- Port Coquitlam
- Sooke
- Squamish
- Williams Lake

# Food for Thought

---



## **British Columbia Food History Network**

Linda Peterat, Gale Smith & Mary Leah deZwart

# British Columbia Food History Network

---



## What is the British Columbia Food History Network? (BCFHN)

- Founded in 2011
- A loose network of educators and researchers
- Eclectic and diverse approaches to studying food history and heritage
- Focus on BC food history and beyond
- A resource for...
  - food studies teachers
  - heritage workers
  - researchers, journalists





## What can happen when we “Stir the Pot”?

Imagine a a big stew or soup pot  
when it is stirred....

The taken-for-granted  
becomes visible and is named  
Overlooked stories  
are surfaced and told

# British Columbia Food History Network

---



## Why Food History/ Heritage Is Important and Fun

- offers experience that...
  - Evokes memory
  - Conveys identity
  - Gives meaning
  - Builds culture and communities
  - Ties us to families and ancestors
  - Links to land and traditions
  - Sparks curiosity and broader learning



# British Columbia Food History Network



## Some “Stirring” Ideas...

- Following “I wonder...” or a memory
- Asking critical questions
- Comparing past to present
- Preserving heritage
- Adding new knowledge



# British Columbia Food History Network

---



## Food History and Heritage can be found in...

- Documents - government and corporate records, books, research articles, websites
- Artifacts - letters or diaries, cookbooks, newspapers, memoirs and autobiographies; pictures and photographs, utensils and implements; recipe collections
- Chronologies - timelines of development of food products, agricultural practices.
- Legends - every food, food celebration, and ritual has a story
- Memory - of specific foods, food events and experiences
- Practices - cultural rituals; growing, harvesting, preparing food
- Places - heritage sites, museums



# British Columbia Food History Network

---



## British Columbia Food History Network Website

- Hundreds of blogs...
- Pyrohy, Women's Suffrage Cookbooks, Butchers of Barkerville, War and Postwar Food, Tea in the 1940s, Gellatly Nut Farm, Hazelnuts, Butter, Beef, Nabob Foods, Chocolate – dream or nightmare, Tilly Rolston and Coloured Margarine, Apples and Patriotism, Canadian War Cake, etc. etc.
- Recently updated annotated bibliographies of BC articles.
- Listing of online cookbooks from across Canada.
- Resources for educators that help “stir the pot” on website.





[Blog](#)

[Research Papers](#)

[Resources](#) ▾

[About Us](#)



What's Making Food History?

History- Avian Flu

| What's Making Food History – Loblaw's Companies – May 6, 2024

| Maamoul

**Visit our Site**

[bcfoodhistory.ca](http://bcfoodhistory.ca)

**Get in Touch**

[linda.peterat@ubc.ca](mailto:linda.peterat@ubc.ca)

[smithmarygale6@gmail.com](mailto:smithmarygale6@gmail.com)



# THANK YOU



Heritage BC  
heritagebc.ca  
@heritagebcCanada

BC Heritage Week  
@bcheritageweek  
#BCHeritageWeek

**Katie Varney**, [kvarney@heritagebc.ca](mailto:kvarney@heritagebc.ca)  
Contact Katie about BC Heritage  
Week and Promotions, Toolkits,  
Posters and Event Calendar

**Leslie Bush**, [lbush@heritagebc.ca](mailto:lbush@heritagebc.ca)  
Contact Leslie with  
Heritage-related questions

# List of Resources Shared in the Chat

---

**Below is a list of links and resources shared by participants attending the Virtual Launch**

- Culinary Historians of Canada: <https://www.culinaryhistorians.ca/wordpress/canadian-cookbooks-online/>
- University of the Fraser Valley, Newman Western Canadian Cookbook Collection: <https://libguides.ufv.ca/NewmanCollection>
- University of Guelph, Culinary Collection [physically located at the University], <https://www.lib.uoguelph.ca/archives/our-collections/culinary/>
- What Canada Ate, <https://whatcanadaate.lib.uoguelph.ca/>
- University of Toronto, Cookery and Culinary Ephemera Collection, <https://fisher.library.utoronto.ca/collections/cookery-and-culinary-ephemera-collection>
- McGill University, Culinary History and Cookbook Collection, <https://libraryguides.mcgill.ca/cookbooks-culinary-history>
- What's Cooking? Nova Scotia Archives' Food History Site, <https://archives.novascotia.ca/cooking/results/?Search=&SearchList1=2>
- <https://archive.org/>
- <https://ediblevancouver.ediblecommunities.com/stories/canadas-first-community-cookbook/>
- <https://learn.sylx.org/how-food-was-given-four-food-chiefs/>