



UNDERSTANDING OUR FOOD SYSTEMS GATHERING

An interactive workshop to explore food sovereignty in First Nations communities.

JANUARY 23, 2019

9:00AM - 5:00PM

Regional Food Distribution Association - 570 Syndicate ave S

MORNING - 9:00am

Opening & Introductions

Overview of the Indigenous Food Circle &
Understanding Our Food Systems Project

by Jessica McLaughlin & Charles

Levkoe

Food Sovereignty on Our Plates

by Rich Francis

12:00 LUNCH

Cooked by Rich Francis

AFTERNOON - 1:00pm

Pathways of Resistance/Resilience:

Improving Traditional Food Access for Urban Indigenous People

Special Guests from Saskatchewan

Northern Manitoba Food, Culture, & Community Collaborative
and Community Representatives

Julie Price

*Brian Trewin from Leaf Rapids - Grow North Boreal Gardening; Sarah Cameron
from Waywayseecapo First Nation - Food Sovereignty Activist; Kelly Hindmarch
from Poplar River First Nation - Greenhouse Coordinator; Donna Sanoffsky from
Wabwoden - Bayline Food Buying Co-op; Wabwoden Traditional Teachings;
Beekeeping Project*

Closing

IN THE AFTERNOON OF JANUARY 22

*You are welcome to join Marcel Bananish and Rich Francis for a meet & greet and
preparation of the traditional food that will be served at the gathering.*

@ the RFDA, both indoors and in the outdoor tipi