

“Understanding Our Food Systems”

Project and Gathering Report

Thunder Bay District Health Unit

January 22 – March 29, 2018



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Introduction:

The availability and affordability of food is challenging in Northern Ontario and especially in geographically isolated First Nation communities. While they are road-accessible, food often travels past them on the main trucking routes headed for major centers, such as Thunder Bay.

The Thunder Bay District Health Unit engaged Superior Strategies, who has an extensive background working with First Nations in Northern Ontario, to engage with the Thunder Bay and Area Food Strategy, academic partners, Nishanwbe Aski Nation and the Anishinabek Nation to engage First Nations communities and organizations challenged with high costs and lack of access to healthy food. Together, information on community food initiatives, services, food sources, food delivery routes and barriers will be gathered to begin the process for a Community Food Assessment which will assist communities to identify opportunities for collaboration of services and programming as well as to potentially coordinate food logistics and distribution. This project was funded by the Ministry of Health and Long-Term Care as part of the Northern Fruit and Vegetable Program.

Superior Strategies invited the identified 14 road-accessible communities and their service providers to come together to work on issues pertaining to community food security: how to coordinate, consolidate (distribution) and receive affordable, healthy food; explore economic development opportunities around food in the communities; food safety and food literacy/food skills; and the development of local food initiatives that, among other benefits, supports the objectives of the development of the Northern Fruit and Vegetables Program, increasing access, consumption and awareness of fruits and vegetables to Indigenous children in northern and remote communities. The project was unique in that it involved collaboration across political and service boundaries across the Thunder Bay District Health Unit catchment area.

Community engagements began February 12, 2018, continuing on through to March 20, 2018.

Bi-weekly meetings with the Thunder Bay District Health Unit took place throughout the contract and a Steering Committee was established with periodic meetings to provide direction and guidance while formulating the agenda for the two-day gathering.

The “Understanding Our Food System” Gathering took place at the Best Western, Norwester Hotel and Conference Centre, in Thunder Bay, Ontario, on March 28 & 29, 2018. The gathering consisted of numerous presentations from across the region, highlighting success stories from the First Nations, a guest from Manitoba, and presentations from a variety of organizations. The event was touted a success by all that attended. USB’s with the video report, artistic renditions, and presentations were sent following the gathering to each community.

Engagements, Presentations & Facilitation

Engagement of Communities, Facilitation of the two-day Gathering and Presentations at the Gathering were provided by Superior Strategies consultants: Kirstine Baccar and Jessica McLaughlin.

Methodology

This project consisted of 2 parts; part 1 community engagements with 14 local, road accessible communities and part 2 the food gathering. Engagements with the local communities included inviting leadership, key staff and community members to have a discussion around what was happening in the communities around food. Below is a list of communities that participated and an overview of those discussions.

First Nation Communities

- Aroland First Nation
- Long Lake #58 First Nation
- Ginoogaming First Nation
- Animbiigoo Zaagi'igan Anishinaabek (Lake Nipigon First Nation)
- Biinjitiwaabik Zaaging Anishinaabek (Rocky Bay First Nation)
- Red Rock Indian Band
- Pawgwasheeng (Pays Plat First Nation)
- Biigtigong Nishnaabeg (Pic River First Nation)
- Pic Mobert First Nation
- Fort William First Nation
- Namaygoosisagagun (Collins First Nation)
- Whitesand First Nation
- Kiashke Zaaging Anishinaabek (Gull Bay First Nation)
- Bingwi Neyaashi Anishinaabek (Sand Point First Nation)

A letter was formulated and sent by both email and fax to all of the First Nation Chiefs, stating to also circulate to the health, economic development, Ontario works departments etc. The letter included information around the setting up of community engagement visits as well as the two-day food gathering. (See attached letter)

Very little response was received, so after a week contact was made with the health departments within the First Nations directly to begin setting up engagements. A request was made for those departments to encourage other departments that work around food to attend the engagement.

Meetings with members of the community involved with food work were held with Health Departments, Ontario Works, Economic Development, Community Workers and some leadership in their respective communities. Some meetings were held at the Health facilities, band offices and community halls. Approximately \$450 in a variety of food incentives were brought into the communities. Some examples: food, coffee, food processors, crock pots, seeds and planting supplies, bullets/blenders for smoothies, canning supplies etc.

From those engagements, commonalities and common challenges/barriers were identified that assisted us in formulating an agenda for the food gathering that would support communities with moving their food initiatives forward and look at identifying regional efforts that could be considered.

In each community a series of questions around food was asked. Notes were compiled, community priorities, suggestions for the gathering and a one-pager of what the communities have and what the communities want for the future were put together in a package that they received at the food gathering. Some communities had their youth participate while others only had one person provide input into the inventory, so community packages vary from 1 page of information to 5 pages of information. (See attached community packages)

Kiashke Zaaging Anishinaabek (KZA/Gull Bay First Nation) and Bingwi Neyaashi Anishinaabek (BNA/Sand Point First Nation) were the only two communities that were unable to meet with us. BNA was unable to attend the gathering but KZA did send one delegate. Unfortunately, March is a very busy month for First Nations and many of our contacts from the communities stated that in the future we should look at months that are not so busy to allow more time for these engagements to happen.

The “Understanding Our Food System” Gathering registration packages were sent to all of the communities on February 28, 2018. An additional registration form for non-First Nations/Observers wishing to attend from the committee and other organizations was developed. That registration went out on March 20, 2018. (See attached invitations and registration packages)

Bi-weekly Communications with Thunder Bay District Health Unit

Bi-weekly meetings were set up with the Thunder Bay District Health Unit in order to keep all parties apprised of where the project was at. Superior Strategies and the Health Unit met more than bi-weekly. Direction and input was received by the Health Unit and advice and suggestions were given by Superior Strategies, based on meetings with the communities.

Steering Committee Meetings

The mandate of the Steering Committee was to act as a coordinating body that could provide the hired firm with support networks and connections into the community and region at large but unfortunately the committee never fully came to fruition. Numerous attempts were made as early as February 5th to coordinate steering committee meetings as requested but due to time constraints of this project along with the sister projects in the region it was very difficult to bring everyone together. Most meetings involved discussion and no concrete action items were provided. If permitted time perhaps the response and collaboration would have been more significant. More of this work happened in the background through connections from Superior Strategies staff that was facilitated through private conversations and private meetings. Superior Strategies staff and the TBDHU Nutritionist also took part in 3 regionally based meetings from the sister projects to hear about their gatherings and progress. Collaboration at this time was minimal as the mandate of the organizations was to provide well-attended, well-focused agendas for the gatherings they were planning. Future collaboration is needed to identify commonalities and develop a more regionally focused plan.

Results from Community Engagements

Commonalities

Some common themes and challenges arose from the community engagements with Leadership, Economic Development Officers, Health, Ontario Works, and Community workers, and youth which are outlined below.

- **Sustainable Funding** is required – to support all initiatives moving forward, which are identified below.
- **Community Gardening and Education** – funding, resources, capacity building and mentorship for the community and for schools to develop and sustain their own gardens.
- **Community Freezer and Harvesting Kitchen** – access to funding and resources that support the designing and building.
- **Full-time Staff - Main Focus on Food** - funding and capacity building to support a full-time staff. Every community identified that all departments work around food, the communities would like to have a full-time staff that can develop food strategies and coordinate food initiatives from all of those departments so there is no overlap. Funding to also support the development of those strategies.
- **Education and Capacity Building** around food, gardening, harvesting, environmental impacts etc.- funding to support the capacity building access to the educational programs, tools and resources.
- **Grocery Store** – funding and resources that support - how to start a grocery store business (feasibility study, business plan development), where to access funding to build etc.
- **Community Harvesting**, medicine picking, blueberries and other foods on the land, cultural programming and education around food. – funding and access to experts to teach and provide capacity to the community.
- **All-season Greenhouses** and capacity to grow. – funding and access to education.
- **Food strategies**, planning, collaboration between departments and region. – funding to support that planning and to hire a full-time staff to focus on food.
- **Food bank, good food baskets**, access to resources, programs that support food.
- **Information on chicken coups, commercial fishing** – education and funding to explore and potentially implement these types of economic development initiatives.
- **Transportation, distribution of food** – funding to identify routes, develop a distribution matrix, planning and look at alternative measures to bring in affordable, quality food into communities.

Common Challenges/Barriers

- **No strategic food plans** – Require the development of Strategies
- **Coordination between departments** – collaboration enhances the work
- **Transportation to food** – community members are paying high costs for transportation to get to grocery stores
- **Cost of food** – high prices of food
- **Food quality and accessibility** to a variety of foods – poor quality as the food is sometimes over 2 weeks old by the time it gets to its consumers. There are foods that are never available in the stores that are more remote.
- **More education on food required**

“Understanding Our Food System” Gathering

The second part of this project was a gathering with the fourteen communities. The purpose of the gathering was to discuss the common opportunities, look at the common challenges, and provide resources, tools and education that would support the community’s initiatives moving forward. The community engagements assisted Superior Strategies in formulating the agenda. (See attached agenda)

Over 75 participants attended the “Understanding Our Food System” Gathering. Three delegates were invited and sponsored to attend from each of the fourteen communities. There were a few communities that paid for more of their staff to attend. (See attached registration master list)

On day one, the gathering opened with a prayer and smudge offered by Elder, Victor Pelletier, from Fort William First Nation. An opening address was provided by Fort William First Nation Council Member, Michelle Solomon.

Jessica McLaughlin, Superior Strategies provided an introduction to Food Insecurity & Northern Manitoba Food, Community, Culture, Collaborative to set the stage, having communities think about the possibility of collaboratives and working regionally.

Elder Audrey Logan from Manitoba, provided a presentation on Indigenous Resurgence Through Food. Audrey provided participants with a variety of food tasting, such as dehydrated fruits, meats, fruit roll-ups etc. Audrey also provided 800-year-old squash seeds to all who wanted them. Audrey spent the two days at the gathering and provided information to all wishing to learn.

Kirstine Baccar delivered a Reflection on Community Visits, Common Themes and provided context on what the next two days would entail around their individual Community Food Plan and Visioning. Pam Hubbard, Graphic Recorder, provided and presented the individual community plans and explained the graphic plans to communities. Communities then moved onto the Visioning exercise. (See attached Community Plan Template)

The afternoon offered a Ministry Panel showcasing the programs and funding that would support a wide-variety of community initiatives around food. Doris Odjick from Indigenous Northern Affairs Canada, unfortunately was unable to make it.

The remaining part of the afternoon consisted of three concurrent sessions that communities were encouraged to attend separately in order to have information from all sessions. They were asked to come back to their community table and provide an overview of what they learned and see if it was something their community would want to include in their plan. Following concurrent sessions, participants came back and began filling in their individual plans.

Day two, began with a re-cap of Day one from Jessica McLaughlin.

The morning program started again with concurrent sessions with participants coming back and working on their community plans.

Key note speaker, Sheldon Atlookan, Aroland First Nation, spoke to their very successful Blueberries Initiative.

The afternoon consisted of concurrent sessions with participants coming back and adding to their community plans.

The final presentation of the day was delivered by Dr. Charles Levkoe & Jessica McLaughlin on Regional Commonalities Moving Forward.

Each community received a USB with the video report, artistic renditions and all presentations.

Evaluations were provided to all participants in order to receive feedback on the facilitation, presentation, venue for the food gathering. (See attached Evaluation template and all evaluations)

A closing prayer and safe travels were delivered by Elder Victor Pelletier.

Conclusions

The communities, through the engagements, had identified their initiatives that are currently underway as well as those initiatives moving forward. Those commonalities were presented at the beginning of the conference but were not prioritized. Over the two days, the communities attended numerous sessions that would provide support and insight into their initiatives moving forward. The graphic recorder, over those days captured artistic renditions that were confirmed by participants through requesting their input and vision into the art.

Explanation of Graphic Recordings (Please refer to attachments on pages 65-71):

Understanding Our Food Gathering – visually explains the Indigenous Resurgence through food, how the government is now seeing the importance of collaboration, importance of food on our health, and going back to our traditional ways of sustaining ourselves around food.

Our Food System Opportunities – visually explains the various ministry programs and funding sources that are available and where to access them.

Sharing Our Knowledge – visually explains the different workshops that were delivered to participants over the 2-day gathering that will support the community's initiatives moving forward.

Blueberries Initiative – visually explains the key note presentation from Aroland First Nation's Youth Blueberry Initiative. This initiative has been running for 10 years and has won awards. All monies that are made go back into youth programming.

Common Themes – visually explains the commonalities that were identified through the community engagements. This graphic recording was used at the end of the event to have communities come up and prioritize their initiatives moving forward. (Please see attached pictures of the Common Themes with post-it notes identifying those main priorities they would like to get started on)

Prioritized Common Themes – Although the pictures are not very clear, prioritized themes are as follows:

1. Sustainable Funding to Support all Initiatives
2. Education & Capacity Building
3. Full-time Staff – Focus on Food

4. Food Strategies & Planning
5. Community Gardening & Education
6. Community Freezers & Harvesting Kitchen
7. Greenhouses
8. Community Harvest
9. Grocery Store
10. Information Chicken Coups and Commercial Fishing
11. Transportation & Distribution

It was stated by all who attended that there is a need to move forward with these initiatives and that they would like to see more food work and strategizing as soon as possible. Funding, Education/Capacity Building (including capacity to access funding dollars) and Planning is required to support the communities in moving forward. It was recommended that gatherings such as this should happen annually to not only share information with one another but to also learn what programs and services are out there that can be accessed and to connect with those program officers.

Next Steps:

In summary, the communities are doing great things with limited resources. They are willing to learn more to assist them with their food initiatives moving forward. The next steps identified by communities are as follows:

- Funding to support planning.
- Funding to support a dedicated person to move food priorities.
- Funding for annual food conferences and workshops/engagements in the communities.
- Funding for Capacity Building to learn how to access resource and tools listings to support priorities.
- Identified opportunities for collaboration.

If there was another conference the communities have indicated that they would like to see more First Nation sharing of knowledge, best practices, and success stories. They would also like to see more community member involvement which may entail having smaller workshops at the community level. The communities have also stated that they would like to have education and capacity built to enable them to strategic plan and access funding that would support the priorities identified above. Some have also stated they would like to learn more around the traditional diet and going back to the land for their food.

Some of the challenges in moving priorities forward that have been identified are; a lack of funding; lack of a dedicated staff to move food initiatives; no concrete strategic plans around food, and a lack of capacity to implement plans. A list of potential funding sources was put together for communities to access. (See attached Government & Privately Funded Programs List)

Challenges Faced:

The biggest challenge was time constraints and timing of this project. Completing a project of this magnitude in less than two months was extremely challenging. The positive aspect was that Superior Strategies was familiar with the communities and that helped to secure meetings with the communities. The other was timing, February and March are the most challenging times to have communities available to participate in any type of project. It is their fiscal year end and numerous proposals, and reports are due March 31st.

Another challenge was cultural understanding and ways to work with, and for the First Nations. There are different processes and protocols when working with First Nations as opposed to mainstream communities. It was challenging working with the Health Unit's policies as they do not account for work being undertaken with First Nations. It would be great for the Thunder Bay District Health Unit to undertake a cultural awareness/understanding program, it would assist them in understanding cultural protocols, processes and ways of engagement, such as meetings, honorariums, tobacco, gifting etc. (for example, the three cups of tea, to establishing meaningful and long-lasting relationships).

Attachments

Letter to Communities



www.superior-strategies.ca

PO Box 489, 150 Central Avenue, Nipigon, ON P0T 2J0

January 26, 2018

Re: Thunder Bay District Health Unit – Understanding Our Food System Project

Boozhoo, Aanii, Chief and Council,

We have been contracted by the Thunder Bay District Health Unit (TBDHU) to engage your community on opportunities and barriers to community food security. This includes: how to coordinate, consolidate (distribution) and receive affordable, healthy food; traditional foods; while also exploring economic development opportunities around food in the communities; food safety and food literacy/food skills; and the development of local food initiatives.

What we are requesting:

- Is an opportunity to set up a meeting with Chief and Council and those who are responsible for food security within your community;
- Set up a meeting with any of the local grocers or stores in your community to complete a survey with the owner or manager of those businesses as well as those community members who shop locally;
- Invite you to the two-day **Food Gathering, March 28 & 29, 2018** that will be taking place in **Thunder Bay**. (For which all costs for travel, accommodations and food will be reimbursed)

Upon completion of the project, which will take place following the two-day food gathering conference a report will be completed and provided to the communities.

Can you please provide dates/times of availability during the month of February and the first week in March? Please allow for a couple of hours to complete the tasks required of us.

If you have any questions or concerns, please feel free to contact me.

Chi Miigwetch,

Kirstine Baccar, Jessica McLaughlin & Jason Thompson

Superior Strategies

Email: kbaccar@superior-strategies.ca, jmclaughlin@superior-strategies.ca, jthompson@superior-strategies.ca

Phone: (807)887-0777

UNDERSTANDING OUR FOOD SYSTEMS GATHERING

MARCH 28 & 29

Norwester Hotel and Conference Centre



REGISTRATION DEADLINE
4:00 P.M. EST, MARCH 9, 2018

For more information contact Kirstine Baccar
kbaccar@superior-strategies.ca

Hosted by



This project is made possible through funding from the Ministry of Health and Long-term Care

Registration Form

UNDERSTANDING OUR FOOD SYSTEMS GATHERING (MAR 28 & 29)

Norwester Hotel and Conference Centre, 2080 Hwy 61, Thunder Bay, ON



Thunder Bay District
Health Unit

Superior
STRATEGIES

DELEGATE REGISTRATION FORM 2-3 per organization

Organization: _____

Full Name: _____

Address: _____

City: _____ Postal Code: _____

Telephone: _____ Email: _____

TRAVEL DETAILS

Accommodation Requirements:

Please note: The Thunder Bay District Health Unit will cover charges for hotel room and taxes. The Thunder Bay District Health Unit will not be responsible for additional room charges nor charges incurred through unauthorized use of rooms. All extra charges are the responsibility of the delegate.

Dates Needed:

☐ March 27

☐ March 28

Please identify any dietary, accessibility, or special needs:

Travel Requirements:

Please note: The Thunder Bay District Health Unit endeavors to arrange the most economical travel possible. Travel Claim forms will be provided at the event with reimbursement to follow completion and submission of those forms.

Preferred Arrival Date: _____ Preferred Departure Date: _____

Preferred Time of Departure: ☐ AM ☐ PM

Method of Travel: ☐ AIR ☐ GROUND ☐ Bus ☐ TRAIN

If by Ground, Approximate kilometers travelling: _____

TRAVEL AND EXPENSE CLAIM DETAILS:

1. Claim for bus, taxi or airfares must be supported by original receipt (for assigned paid delegate).
2. Food expense claim: The Thunder Bay District Health Unit will cover the cost of dinners. \$25 per meal will automatically be reimbursed as part of the travel expense reimbursement. Receipts for these meals do not need to be submitted, however, any additional meal costs above \$25 will be the responsibility of the delegates. The \$25 meal reimbursement is for food and non-alcoholic beverages only.
3. Other Expenses incurred including but not limited to tips, telephone, room service, movies etc. will be the responsibility of the delegates.
4. Travel via public transportation should be made in the most direct route and only economy class shall apply, unless otherwise approved by the Thunder Bay District Health Unit.
5. Expense forms will be available during the Gathering.
6. Every effort will be made to accommodate all needs; however, there may be instances where requests cannot be accommodated for reasons beyond Anishinabek Nation's control.

I agree to actively participate in the engagements and information gathering offered by the Thunder Bay District Health Unit. By registering I grant permission to the Thunder Bay District Health Unit to use my images captured during the event and waive any rights of compensation or ownership to my images thereto.

Signature _____ Date

For TRAVEL Reimbursement please send to:

Form for reimbursement will be provided at the event.

To REGISTER e-mail completed form to:

Kirstine Baccar: kbaccar@superior-strategies.ca or Jessica McLaughlin jmclaughlin@superior-strategies.ca

To REGISTER e-mail completed form to:

Kirstine Baccar: kbaccar@superior-strategies.ca or Jessica McLaughlin jmclaughlin@superior-strategies.ca

REGISTRATION DEADLINE: 4:00 P.M. EST, MARCH 9, 2018

in order to book and confirm hotels or participants
will have to pay their own accommodations.



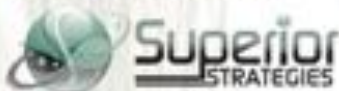
UNDERSTANDING OUR FOOD SYSTEMS GATHERING

MARCH 28 & 29

Norwester Hotel and Conference Centre



Hosted by



This project is made possible through funding from the Ministry of Health and Long-term Care

**GATHERING IS FOR FIRST NATION
COMMUNITIES, OBSERVERS ARE
WELCOME TO ATTEND.**

To register as an observer please send your registration form to Jessica McLaughlin at jmclaughlin@superior-strategies.ca

OBSERVER REGISTRATION

Organization: _____

Full Name: _____

Address: _____

City: _____ Postal Code: _____

Telephone: _____ Email: _____

Agenda

<h1 style="text-align: center; margin: 0;">UNDERSTANDING OUR FOOD SYSTEMS GATHERING</h1> <p style="text-align: center; margin: 0;">Best Western Plus NorWester Hotel & Conference Centre</p> <h2 style="text-align: center; margin: 0;">MARCH 28, 2018 - DAY 1</h2>			
8:00 am	Registration & Breakfast		
9:00 am	Welcoming Remarks – Michele Solomon Councillor Fort William First Nation		
9:05 am	Opening Prayer – Elder Victor Pelletier Fort William First Nation		
9:15 am	Introduction to Food Insecurity & Northern Manitoba Food, Community, Culture, Collaborative - Jessica McLaughlin		
9:30 am	Indigenous Resurgence Through Food - Elder Audrey Logan		
10:30 am	Break		
10:45 am	Reflection on Community Visit – Common Themes – Questions & Comments Kirstine Baccar		
10:45 am	Community Food Plan Visioning		
12:00 pm	Lunch		
1:00 pm	Ministries Panel (10 min presentation 5 min Q & A) Ontario Ministry Agricultural Food and Rural Affairs – Kendal Donahue Indigenous Northern Affairs Canada – Doris Odjick Ministry Northern Development Mines – Mike Dunlop Northern Fruit and Vegetable Program – Vincent Ng Ontario Trillium Foundation – Maureen Brophy & Carmen Robillard		
2:30 pm	Break		
2:45 pm	Concurrent Sessions (A community representative in each session)		
	Planning Session 1	Session 2	Session 3
	First Nation Owned Grocery Store Wikwemikong Unceded Indian Reserve Walter Manitowabi, Andy's Food Town	Good Food Box Program Northwestern Ontario Women's Centre Katelin Karhunen & Gwen O'Reilly	Community Food Banks Volkur Kromm Regional Food Distribution Association
3:30 pm	Community Food Planning (Communities provided with a graphic template for food planning development- they report back to community team and decide if and how their new knowledge will transfer to their template/plan to bring home)		
4:00 pm	Reporting back and group discussion		
4:30 pm	Chi Miigwetch & Closing		

UNDERSTANDING OUR FOOD SYSTEMS GATHERING

Best Western Plus NorWester Hotel & Conference Centre

MARCH 29, 2018 - DAY 2

8:00 am	Breakfast		
9:00 am	Opening Re-Cap – Jessica McLaughlin		
9:15 am	Concurrent Sessions (A community representative in each session)		
	Session 4	Session 5	Session 6
	Harvesting Allan Odawa, Muzzy's Traditional Harvesting and Teachings; Peter Shabagabow; Pic River Community Gathering	Health Benefits of a Traditional Diet - Anishnawbe Mushkiki	Food Literacy Erin Beagle, Roots to Harvest
10:15 am	Break		
10:30 am	Community Food Planning		
11:15 am	Aroland First Nation Blueberries Initiative - Sheldon Atlookan		
12:00 pm	Lunch		
1:00 pm	Concurrent Sessions (A community representative in each session)		
	Session 7	Session 8	Session 9
	Co-op Models and Establishment Peggy Baillie, Local Food and Farm Co-Ops	Community Gardening Erin Beagle, Roots to Harvest	Comprehensive Community Planning Noreen Agnew - Long Lake #58 First Nation & Nishnawbe Aski Development Fund – Melanie Harding
2:00 pm	Break		
2:15 pm	Community Food Planning		
3:00 pm	Regional Commonalities Moving Forward – Dr. Charles Levkoe & Jessica McLaughlin		
3:45 pm	Chi Miigwetch & Closing		



This project is made possible through funding from the Ministry of Health and Long-term Care

Registration Master List

Understanding Our Food System Master Guest List

Jolene Simmons	Binjtiwabik Zaaging Anishnaabek	
Catherine Noble	Binjtiwabik Zaaging Anishnaabek	No Show
Kayla Thompson	Binjtiwabik Zaaging Anishnaabek	
Bred Bouchard	Whitesand First Nation	No Show
Lena Wikason	Whitesand First Nation	
Angela Nodin	Whitesand First Nation	
Leonard Bouchard	Whitesand First Nation	
Helen Kwandebance	Whitesand First Nation	
Mary Day	Whitesand First Nation	
Cassandra	Whitesand First Nation	
Shawanamash	Whitesand First Nation	
Uss Echum	Ginoogaming First Nation	
Calvin Taylor	Ginoogaming First Nation	
Priscilla Shaganash	Ginoogaming First Nation	
Simone Echum	Ginoogaming First Nation	x
Elizabeth Ferris	Ginoogaming First Nation	x
Noreen Agnew	Long Lake 58 First Nation	x
Denise Bouchard	Long Lake 58 First Nation	
Marjorie Robert	Red Rock Indian Band	
Lucille Leperance	Red Rock Indian Band	
Jessica Robert	Red Rock Indian Band	
Tami Shaw	Bigtigong Nishnaabeg	
Shelly Michano	Bigtigong Nishnaabeg	
Erin Shaw	Bigtigong Nishnaabeg	x
Kathy Atlookan	Anoland First Nation	
John Atlookan	Anoland First Nation	
Sheldon Atlookan	Anoland First Nation	x
Dorothy Cheesequay	Animbiigoo Zaag'igan Anishnaabek	
Alice Saines	Animbiigoo Zaag'igan Anishnaabek	anishnaabek@anishnaabek.ca
Beverly Goodchild	Animbiigoo Zaag'igan Anishnaabek	
Joan Shapwylkevic	Mamaypooicagagun	x

Understanding Our Food System Master Guest List

Scott Frank	Namaygoosisagagun	x
Ida Wenkamik	Pays Plat First Nation	
Debbie Bouchard	Pays Plat First Nation	
Linda Goodchild	Pays Plat First Nation	x
Maggie Hill	Pic Mobert First Nation	
Usenne Maki	Fort William First Nation	No Show
Rita Charles	Fort William First Nation	No Show
Shaannon Crews	Fort William First Nation	No Show
Cheryl King-Zawiec	Kiashe Zaagang Anishinaabek	
Knedel Donahue	OMAFRA	
Regional Food Distribution Association		
Brendan Carlin		
Jessica McLaughlin	Superior Strategies	
Kristine Baccar	Superior Strategies	
Vincent Ng	TBDHU	
Silva Sewla	TBDHU	
Charles Levkov	Lakehead University	
Gwne O'Reilly	Northwestern Ontario Women's Centre	
Erin Beagle	Roots to Harvest	
Walter Mantowabi	Andi's Food Town	
Cheryl Suggashie	Lakehead University	
Melaine Harding	Nishanwbe Aak Development Fund	
Peter Shabagabow		
Allan Ottawa	Muzzys Traditional Harvesting	
Peggie Baile	Local Food and Farm Coops	
Tony McGuire	They Media	
Tony McGuire	They Media	
Tony McGuire	They Media	
Tony McGuire	They Media	
Mike Dunlop	Northern Development and Mines	
Maureen Brophy	Ontario Trillium Foundation	
Carmen Robillion	Ontario Trillium Foundation	

Community Packages from Engagements

Aroland

Food Access



Nutrition



Food Literacy



Food Utilization



Community Priority

Community: Aroland First Nation

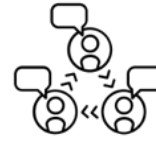
Community Population: 300 (On Reserve) 400 (Off reserve)

Community Priority: Aroland First Nation is a progressive community with many different food initiatives happening. The community has very active staff and members who have been engaging in food related programs for a number of years. The community also has a large number of people who do traditional harvesting activities such as fishing, hunting, berry picking. They are still dealing with issues around pesticide spraying, deforestation and other imposed land-based government mandates which has effected the use of the land and the animals. The community is located in a unique location and has established a successful blueberry initiative that supports youth programing each year, the community is known all over Northern Ontario for this exceptional work. There location sets them to be at a distribution point for accessing northern remote First Nations.

1. Community Infrastructure to support food initiatives (refrigeration; freezer; community gathering and cultural teaching space)

2. Food Coordinator

3. Food Integration into school



Community Suggestions for Two-Day Workshop

Two Day Workshop Suggestions (Based on Community Priority)
1. Community Infrastructure to support food initiatives (Building, kitchens, space, refrigeration, freezer space)
2. Program development and sustainability
3. Cultural and Traditional Teaching (Land Based)
4. Integration into school (Food Literacy)
5. Funding to support food coordinator
6. Sustainable funding and programing
7. Store development



WHAT WE HAVE:

- JOHNNY TERRIAULT MEMORIAL SCHOOL
- BREAKFAST PROGRAM
- BLUEBERRY INITIATIVE
- COMMUNITY/SCHOOL GREENHOUSE
- COMMUNITY MEMBERS HOME GARDENING
- COMMUNITY ACTIVITIES (FISHING DERBIES)
- FOOD RELATED PROGRAMING (WORKSHOPS)
- NORTHERN FRUIT AND VEGETABLE PROGRAM



WHAT ELSE DO WE HAVE:



WHAT WE HOPE FOR:

- FOOD COORDINATOR
- COMMUNITY FOOD HUB (GATHERING)
- REFRIGERATION AND FREEZER
INFRASTRUCTURE
- FOOD EDUCATION INTEGRATION INTO
CURRICULUM
- SUPPORT FOR COMMUNITY ENTREPRENEURS
(GROCERY STORE EXPANSION)
- SUSTAINABLE FOOD FUNDING
- COMMUNITY HARVESTING PROGRAM

Animbiigoo Zaagi'igan Anishinaabek (Lake Nipigon First Nation)

Food Access



Nutrition



Food Literacy



Food Utilization

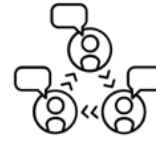


Community Priority

Community: Animbiigoo Zaagi'igan Anishinaabek
Community Population: 398

Community Priority: Animbiigoo Zaagi'igan Anishinaabek is a progressive community with their band membership being located in a number of different communities, Thunder Bay, Nipigon, Beardmore, Jellico and Geraldton. The First Nation administration serves all members in all of the communities with some food related priorities such as their good food box that is transported through AZA transportation and delivered to all of the communities. All AZA projects are delivered to all band members in their respected community. The community has a community location, which is at Partridge Lake in between the municipalities of Jellico and Beardmore, the community does host events in this space.

1. Reaching all community members registered to band and having projects and planning that represents that.
2. Support on food related projects and funding options for new projects. (community gardens; good food box or food bank expansion; greenhouse, community kitchen)
3. Ministry of Natural Resources and fish populations in traditional lake.



Community Suggestions for Two-Day Workshop

Two Day Workshop Suggestions (Based on Community Priority)	
1.	Green houses and gardening (local farmers; gardeners'; local farmers)
2.	Workshop administration - baby food making; canning and preserving; making healthy drinks such as ensure for members with Cancer or recovering from cancer; drying fruit;
3.	Distribution of food
4.	Expansion of food bank/ good food box
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	



WHAT WE HAVE:

- Good Food box
- Comprehensive Community Plan
- Food Programming (workshops)
- Community land base
- Committed and active community members
- Diversity in members geographic locations in Northern Ontario



WHAT ELSE DO WE HAVE:



WHAT WE HOPE FOR :

- Good Food box expansion
- More food workshops
- Food transportation for members
- Reaching all community members (coordination and transportation)
- Community garden
- Sustainable food funding
- Strategy for the coordination of food
- Community harvesting



Biinjitiwabik Zaaging Anishnabek (Rocky Bay) First Nation

March 2, 2018

Biinjitiwabik Zaaging Anishnabek (Rocky Bay) First Nation (Meeting Notes)

Lorraine Cook Health Office Manager and Health Service Worker

Understanding Our Food System - Biinjitiwabik Zaaging Anishnabek (Rocky Bay) First Nation

- ADI (Diabetes program) does workshops for clients (bread making)
- Preparation for an emergency
- Community has orchards this year will be the first year for the trees to yield fruit (cherry, apple, pear, plum)
- Preserving workshop for the orchards
- Seedlings programs - provide seeds to community members to grow in their homes and make their own gardens
- Community members must shop in other community (Nipigon or Thunder Bay) transportation is an issue for some of the community members
- Community has its own school which has a community garden but would like to incorporate more learning into the curriculum
- 13 gardens in total in the community
- They do a good food box but are interested in help - Gwen O'Reilly nwcentre@tbaytel.net
- Community has a rototiller that members can sign out for use and bring back
- There is a food bank done through Ontario works
- Cooking programs
- Getting back to grassroots
- In case of an emergency preparing our community members for everything - how to live from what we have
- Workshops on stock piling food and why

What are some other issues Rocky Bay have in accessing food?

Is there a collaborative process when it comes to food in the community? Are departments connecting?

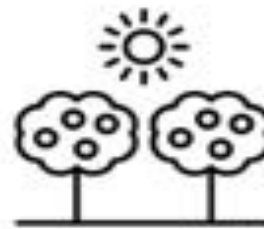
What are your needs moving forward around food?

What is the community's priority around food?

What are some things we can offer at the gathering to support your community?

What we have:

- Community Orchard
- Community Rototiller
- 13 home gardens
- Beginning stages of emergency planning
- Biinjitiwaabik Zaaging Anishnaabek School (with a garden)
- Food Programing (workshops)
- Community wood cutting
- Food Bank for Ontario Work participants
- Good Food Box (ran by Health Centre)
- Community Seedling Program
- Commercial Fishing



What else we have:



What we hope for:

- Transportation for community members to access groceries
- Prepared for an emergency
- Food Planning
- Food Education Integration into Curriculum

Fort William First Nation

March 20, 2018

Fort William First Nation (Meeting Notes)

Luanne Maki

Understanding Our Food System -Fort William First Nation

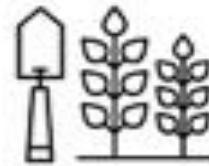
- Every program in the community has some sort of food portion within it
- Maple Sugar Bush
- Ontario Works has a community garden that people participate in (families, elders, diabetics)
- Many community events and feasts
- Annual Traditional Pow Wow
- Many different gas and convenience bars in the community all privately owned with no options for healthy food
- Two restaurants in the community
- Meat Bingos
- Food Programming (workshops with most services offer these)
- Community used to use West Fort a lot for their shopping needs the bridge being out has been a disturbance to that
- Many community members either facilitate rides through family or pay other community members
- All the departments like to pick up their resources (food) themselves bulk buying and planning is not possible for the community services yet
- Many kitchens in the community; large one in the arena
- There is a food bank for anyone in the community
- There is also a good food box program as well
- Interested in more medicines but there are people who use medicine for healing already and many members share.
- Community does a lot of cultural teachings with youth through their lands program
- Some community members hunt but more the members who have access to tools for hunting
- Interested in more refrigeration and freezer space
- Idea of having a community own grocery store

What we have:

- Cultural Programing
- Many kitchens
- Many programs that encompass food (workshops)
- Community Garden
- Food Bank
- Good Food Box
- Maple Sugar Bush (reclamation)
- Many entrepreneurs
- Annual Traditional Pow Wow



FORT WILLIAM FIRST NATION



What else we have:



What we hope for:

- Community grocery store
- More refrigeration and freezer space
- Planning and service integration
- Cultrual Links to health

Ginoogaming First Nation

Food Access



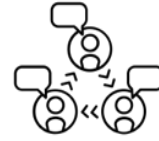
Nutrition



Food Literacy



Food Utilization



Community Priority

Community: Ginoogaming First Nation
Community Population: 718 (On reserve – 160/ Off-reserve – 616)

Community Priority: Ginoogaming First Nation has a progressive team working towards wellness in the community they are currently developing a health and wellness strategy. There are many initiatives being administered around food, food access, and community socialization around food that will contribute to the overall wellness strategy. Support with the individual projects and their coordination into the wellness strategy is a priority for Ginoogaming. Partnerships and networking in the food would also benefit Ginoogaming and its progressive team. Ginoogaming is also in the pre-planning stages of developing a land based healing program for people affected by substance abuse, aspects of traditional food harvesting and use of the land will be utilized in the healing practices.

1. Food Projects in Community (Funding; partnerships; new technology; possibility of a co-op; Chicken coop; community kitchens; crock pot initiative; food bank expansion or options; community gardens; composting)
2. Land Management concerns re: Ministry of Natural Resources (sick moose; spraying of forest; cutting patterns)
3. Cost and delivery of food

Food Access

Nutrition

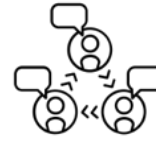
Food Literacy

Food Utilization



Food Delivery and Transportation Routes

How does food get to the community?
1. Stores in area are Fresh Mart in Longlac (members shop if need to; prices expensive) Most community members will get rides to Gerladton to go to No Frills., but have to pay for rides cost for a ride 40.00)
2. Long Lake #58 Convenience store; can be shopped at from time to time. Far from community and also expensive. Delivery from Loudons from Thunder Bay and McDonalds Foods from Winnipeg.
3. Ginoogaming First Nation staff also purchase food from Thunder Bay(B & B Potatoes) They must transport the good themselves.
4.
5.
6.



Community Suggestions for Two-Day Workshop

Two Day Workshop Suggestions (Based on Community Priority)
1. Food Bank Expansion/ Opportunities
2. Chicken Coops
3. Greenhouse exploration (to partner or not to partner; start to finish)
4. Workshops on different food initiatives (how to develop and deliver; partners for sharing of information)
5. Community Kitchens (funding; incorporating with other services happening; structure)
6. Climate change and animal patterns
7. Spraying of forest by MNR - animals patterns
8. Harvesting traditional medicines
9. Traditional medicine gardens
10. Animal testing (process; what happens when the animals are coming back pre-cancerous)
11. Forest Degradation
12. Leeching process of mercury into animals and forest and fresh water foods
13. Composting
14. Community Gardens (funding; pesticides; tactics; strategies)
15.
16.



What we have:

- Community garden (beginning stages)
- Community Wellness Strategy
- Community Food Bank
- Training Centre (with Kitchen)
- Community members hunt
- Food Programing (Workshops)
- Day care with food programing
- Breakfast and lunch programs



WHAT ELSE WE HAVE:



What we hope for:

- Food bank expansion
- Chicken coop
- Greenhouse exploration
- Climate change effects on traditional foods
- Forest Degradation Effects
- Investigation of leeching of chemicals into natural environment
- Food Integration into community plans and strategies
- Community Composting
- Traditional medicines/gardening
- Sustainable food funding

Long Lake #58 First Nation

Food Access

Nutrition

Food Literacy

Food Utilization



Community Priority

Community: Long Lake # 58 First Nation

Community Population: 1400 (Off Reserve) 450 (On Reserve)

Community Priority: Long Lake # 58 First Nation is a progressive community with a committed band staff who are interested in supporting their community members with access to food and changing the current attitudes around food. Introducing more food related curriculum, supporting the school and youth initiatives around food education and literacy. With the current shift of the Ontario Work office there is plenty of opportunity for the community to expand food efforts in this department. The First Nation has a community run store that has an opportunity for expansion, the staff understand the mandate of making money but still providing for the community in the right capacities.

1. Food Education and Integration

2. Store expansion

3. Ontario Works Support for food related funding and initiatives

Youth Gathering

How do you put food on the table?

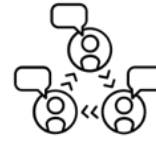
- My mom and dad
- Grocery shopping with mom and dad at No Frills/Daneffs
- My mom and dad make me my food
- My mom and dad go grocery shopping
- I will get a job to buy food at the store
- Work for it
- Grandma
- Auntie puts food on the table
- My mom cooks, sometimes I cook too
- My parents buy and cooks but we also hunt
- My mom
- My parents buy it from the store
- Welfare
- My granny
- My mom and sometimes I cook we shop at Freshmart even though its expensive and we need a ride
- Lloyd at the community store
- My grandma
- My Dad

What is your favorite food?

- Pizza and wings
- Pits and pizza
- Perogies
- Pizza
- Pork chops and potatoes
- Chicken wrap
- Pizza
- Moose meat
- Moose meat and dumplings
- Fettuccini alfredo and pizza
- Tacos
- Moose meat
- Pizza
- All food
- Spaghetti
- Pork chops
- Anything
- Pizza
- Pizza pops
- Ham

What is something you would like your community to do for you around food?

- More cooking in the community
- I wish we could grow our own fruits and veggies (fruit trees for days)
- Workshops for cooking with movie nights
- More planting foods with a food van; more hunting, fishing, cafeteria in school with good food, more traditional foods
- Food Bank for the reserve
- More picking berries or hunting
- Having our own wild foods restaurant or food bank
- Cooking workshops for baking cookies and stuff, more hunting with community
- Community feasts
- Farming or community garden
- Making pizza workshops
- Greenhouse; more food at the store
- Community/school garden more encouragement for community members to grow their own gardens
- Store that we own can sell more foods like a grocery store; sharing more food in the community
- A food transportation vehicle for the community for members to go to No Frills
- More sharing with other families
- More options at the store work with community to figure out what would work
- More in our store
- I would like to pick berries as a community, maybe sell some and freeze some for sharing in the community.



Community Suggestions for Two-Day Workshop

Two Day Workshop Suggestions (Based on Community Priority)
1. Food Bank Development
2. Community Garden Support
3. Food Education Integration into school programing and school environment
4. Food Workshop Ideas and development (fish cleaning, preserving)
5. Cultural and hunting resurgence of traditional food to those who may not have had access
6. Funding for support for food programs
7. Expansion of grocery store to offer more foods
8. Integration of foods into all programs (CCP, Day Care, OW, Health in relation to it being an alternate/traditional way to heal)
9. Finding a balance modern and traditional helping community see this



Long Lake # 58 First Nation

WHAT WE HAVE:

- Community owned general store
- Migizi Wazisin Elementary School & Secondary School
- New Ontario Works Hub Building
- Comprehensive Community Plan
- Addition to Reserve
- Members hunt traditionally
- Annual Traditional Pow Wow

WHAT WE HOPE FOR:

- Expansion of general store
- Food Education integrated into curriculum
- Food/Clothing Bank Expansion
- Community garden
- Support members on the land
- Freezer program
- Community Feasts and Activities (Fishing Derbies)
- Sustainable Funding for initiatives

WHAT ELSE DO WE HAVE:



Namaygoosisagagun First Nation

Namaygoosisagagun

Kyle MacLaurin

- In Thunder Bay they have a Healthy Babies program for 0-6 that supports food.
- They have food baskets and the First Nation contributes \$'s for children and families over 6 years.
- In the community there are approximately 35 people and about 70% are Elders. They do Elders lunches about once a week.
- They have only 5-6 young kids in the community.
- They community sets nets and get most of their food from the land. There are no stores in the community.
- They at times will get food from Thunder Bay if they have appointments, Armstrong and Sioux Lookout. The cost to go to Armstrong by train is \$60 return.
- The community is only accessible by train, portage and skidoo in the winter.
- There isn't a community harvest but everyone shares.
- There was a store in a community members home before but due to people charging up on accounts the business folded. The owner couldn't see people go without.
- The band tried to sell items at cost, but because they didn't have a business number, the auditing became an issue. They are looking at the idea of getting a business number and having a store run by the band.
- Some do medicines, but the community is very Christian and do not practice traditional culture. They make cedar tea and things like that.
- The Band Office/Business Office has a kitchen with 4 fridges that can hold food. Only the freezers in the fridges.
- They had a greenhouse before but it has been taken down as no one has been doing the work. They could use a dedicated person on food as they have workers that wear a number of hats. They have an office on Fort William First Nation - by Chippewa park red building.
- They could use root veggies, planters, food processors, bullets, crock pots things of that nature.

What we have:

- Healthy Babies in Thunder Bay
- All community members mostly eat from the land (in community)
- Community accessible by train
- Elders lunches weekly
- Food Baskets
- 4 fridges at the band office



What else we have:



What we hope for:

- Community store/coop possibilities
- Bulk buying
- Connecting community members
- Community Coordination



Pays Plat First Nation

Food Access



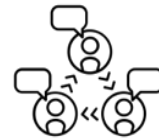
Nutrition



Food Literacy



Food Utilization



Community Priority

Community: Pays Plat Pawgwasheeng First Nation
Community Population: 70 (on-reserve) 130 (off-reserve)

Community Priority: Pays Plat is a small community located along highway 17 beside the Municipality of Schreiber. The health staff are a proactive team with aspirations to conduct more food work but lack the capacity to do so. The community does many things around food but nothing is in a coordinated fashion, there is no grocery store and community members have to get food in neighboring communities. The community feels that there has been a loss in using the land for food harvesting and would like to get that back in the focus.

a. Strategy funding and planning

b. Freezer space

c. Health promotion for food as a health benefit

Food Access

Nutrition

Food Literacy Food Utilization

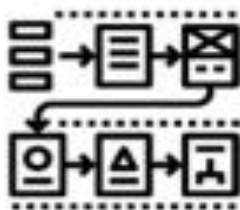


Community Suggestions for Two-Day Workshop

Two Day Workshop Suggestions (Based on Community Priority)
1. Planning for wellness strategies
2. Collaborating all programs doing food
3. Getting on the land and incorporating it into teaching
4. Health benefits from food
5. Freezer space
6. Food Bank and good food box development



What else we have:



What we hope for:

- Sustainable funding
- Strategy and program incorporation
- Community freezers and refrigeration
- Building an understanding of the health benefits of food
- Community Harvests and Gatherings
- Food Bank and good food box



What we have:

- Community Kitchens
- Kitchen expansion happening
- Breakfast program (Once a month)
- Family Well-being new program in FN
- Grocery bingo and activities with elders
- Food Bank in Schreiber
- Community Activities; gatherings; feasts; holidays
- Community gathering space

Pic Mobert First Nation

Food Access



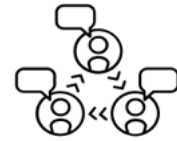
Nutrition



Food Literacy



Food Utilization



Community Priority

Community: Pic Mobert

Community Population: 325 (on-reserve) 503 (off reserve)

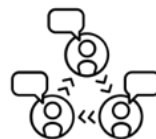
Community Priority: Pic Mobert First Nation is a progressive First Nation that has been working extremely hard to get to the place they are at today. They have just settled a large land claim and have obtained clean drinking water for the community members in the past couple of years. The community has a strong focus on economic development and is in the process of developing a large multiplex that will host a grocery store. Most food initiatives work and are well received in the community it is finding the capacity to strengthen the plan on collaborating them as well as making them a common occurrence for the members.

1. Strategy and Collaboration
2. Community food initiatives support
3. Proposal development and funding sustainability

Food Access

Nutrition

Food Literacy Food Utilization



Community Suggestions for Two-Day Workshop

Two Day Workshop Suggestions (Based on Community Priority)
1. How to make culture sustainable and bring that to the community members
2. Health and the links to food
3. Strategy and coordination
4. Community initiative support

What we have:

- Multi Plex Centre on Hwy 17 (grocery store, etc)
- Food Programming (workshops)
- Food Bank at Ontario Works
- 5 Large facilities for cooking and gathering
- New Horizons
- Family Wellbeing
- Diabetes Prevention
- New Land Settlement
- Netamisakomik Centre for Education
- Community Gym
- Lots of community members
- Soup kitchen



What else we have:



What we hope for:

- Strategy and Collaboration among depts. with food integration
- Community food initiatives support
- Sustainable funding/ knowledge of funding
- Health and wellness related food consumption
- Community garden
- Cultural and traditional harvest



Biigtigong Nishnaabeg

Food Access



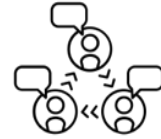
Nutrition



Food Literacy



Food Utilization



Community Priority

Community: Biigtigong Nishnaabeg

Community Population: 395

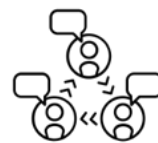
Community Priority: Biigtigong Nishnaabeg is an extremely progressive community located just off highway 17 and with many development opportunities and projects underway. The community has a very proactive stance on health and traditional values that are woven through all programing. From social services, education, health, governance a traditional aspect touches pieces of everything. Food is central to much of the community's programs and membership. Coordination of food programming and assisting the community in developing an understanding of the current system and how to strengthen it.

1. Getting fresh affordable food into the community
2. integration with health and traditional ways of healing through food and medicine
3. Community initiatives that support members

Food Access

Nutrition

Food Literacy Food Utilization



Community Suggestions for Two-Day Workshop

Two Day Workshop Suggestions (Based on Community Priority)
1. Urban/community agriculture
2. Winterization of greenhouses
3. Integration of food literacy into programs
4. Traditional values
5. Getting fresh affordable food to community options
6. Distribution of food
7. Coordination of all things food

Biigtgong Nishnaabeg



What we hope for:

- Sustainable Fisheries
- Winterization of growing in the community
- Traditional Diet and overall wellness and health
- Traditional ways of cultivating
- Fresh affordable foods to community members
- Community initiatives
- Infrastructure to support food gathering and harvesting



What we have:

- Children and Family Day Care Centre (programming included-workshops; gatherings)
- Community Garden (7yrs)
- Community Harvest (6yrs)
- Sustainable Development Dept.
- Many community members harvest and hunt
- Use of the land in reclamation (wild rice)
- Programs for young moms - food for a week; milk vouchers; promotion of breast feeding
- Good Food Box - (Marathon)
- School Partnerships
- Fishing Camp
- Monitoring of effects of climate change - adaptation
- Land based teachings

Red Rock Indian Band

Food Access



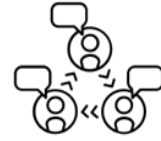
Nutrition



Food Literacy



Food Utilization



Community Priority

Community: Red Rock Indian Band

Community Population: 323 (On-reserve) 1500 (Off-reserve)

Community Priority: Red Rock Indian Band is a progressive First Nation that has a unique location sitting where highway 11 and 17 meet and join to form highway 11/17 which runs to Manitoba border. The community is located in a prime location for shipping and receiving food. There is a proactive membership and administration staff working within in the community on much different food related initiatives but coordinating them has become difficult because food touches so many programs.

1. Food Point Person to Coordinate
2. Grocery Store Development
3. Traditional Harvesting for more community members

Food Access

Nutrition

Food Literacy Food Utilization



Community Suggestions for Two-Day Workshop

Two Day Workshop Suggestions (Based on Community Priority)
1. Grocery store development
2. Food Literacy in community and schools
3. Traditional harvesting woven into community
4. Issues around land and harvesting from it
5. Distribution
6. Freezer and refrigeration space

What we have:

- Chalet Lodge with freezer /refrigeration space and kitchen
- Other community kitchens
- Food Programing (workshops)
- Community feasts
- Community members hunting and fishing
- Special Initiatives for different groups (pre-natal vouchers)
- Annual Traditional Pow Wow
- Community Owned Gas/Convenience Bar
- Community Entrepreneuers



**RED ROCK
INDIAN BAND**

Strength. Tradition. Empowerment.

What we hope for:

- Grocery Store development
- More community members hunting (able to hunt and share knowledge)
- A food Coordinator (food touches every dept.)
- More freezer space for community use (traditional food bank)

What else we have:



Whitesand First Nation

Whitesand First Nation

Angela Nodin, Cassandra Shawanamash, Mary Day, Brad Bouchard, Lena Wabason, Daren Tobishgogestic, Lenard Bouchard

- Afterschool Cooking program 12-13 youth participate - cook and bring food home to their families, learn recipes.
- The community has 4 kitchens
- The community needs safe food handling training course
- Dilico has an adult life enrichment program 55+
- Wild rice teacher in community
- They do have some who harvest moose
- They want to start a fall harvest for the community
- They have a community garden what to have an underground garden with a green house over top.
- Cost for members to get to Thunder Bay for groceries is approximately \$300 return for taxi trip, some make use of the medical van, but have a limit of only 3 bags, they used to access the bus they own and do trips to Thunder Bay but they need people with a bus a license
- The community doesn't have healthy babies program within the community
- They want access to fresh food, community garden and green house and a herb wall
- Some harvest blueberries
- Approximately 10 harvest medicines but the community would like to learn more about medicine harvesting
- They have a breakfast and lunch program for students as students require 2 lunches.
- There is no good food box and no food bank in the community
- There was Roots to Harvests at the school - it was not well advertised - given to Elders October 2017
- There is a co-op being looked at (unsure of by who)
- There is a grocery store, prices high and produce is not great unless you get food when shipment comes in. There is a store ran by the Chief as well that does sell some food items
- They want to start a men's program, cooking classes, budgeting etc.
- They did have Mother's and Father's Day programs out on the land.
- They have other programs such as moccasin making, medicine picking, drum making through Elders.
- They cook for funerals in the community.
- To cash cheques at store, you must spend 10% on food.

What we have:

- After school cooking program (bring food home)
- 4 kitchens for use
- Wild rice harvester in community
- Many community gatherings (food integral part)
- Community Garden
- 10 medicine harvesters in community
- Blueberry harvesters in community
- Cultural Workshops
- Health Dept. helps with transportation of community members to get groceries in Thunder Bay



**Whitesand
First Nation**



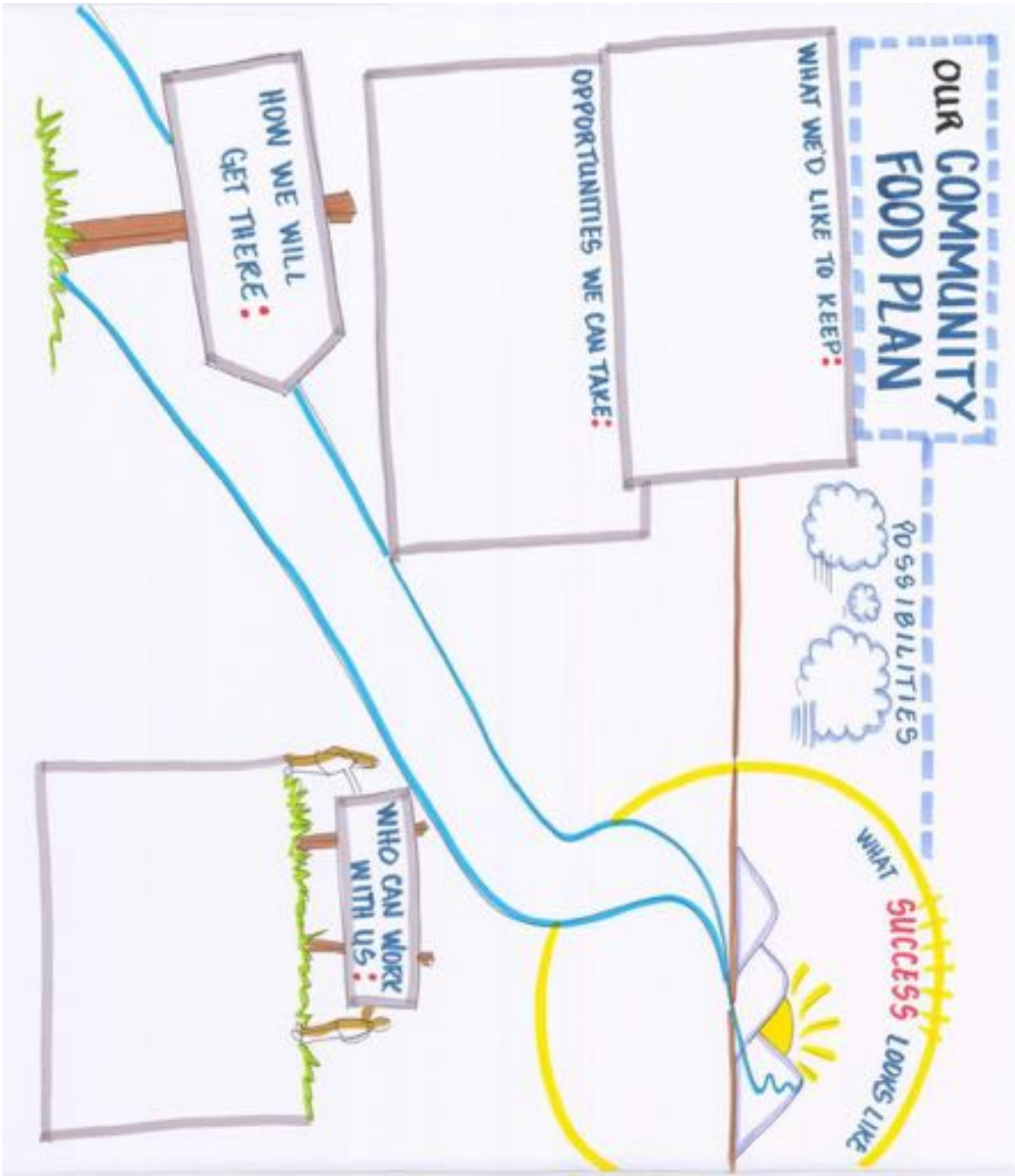
What we hope for:

- Greenhouse
- More community programming
- Community Store/Coop
- Herb Wall
- Community Harvest
- Medicine garden for teaching
- Safe food handling
- Cultural Workshops
- Transportation routes into community
- Planning and strategies for coordination

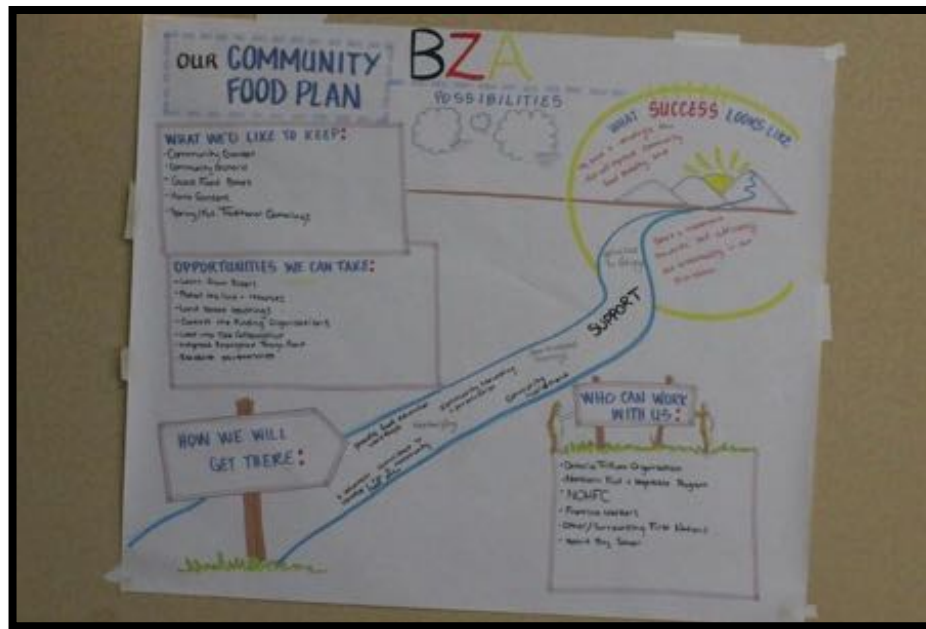
What else we have:

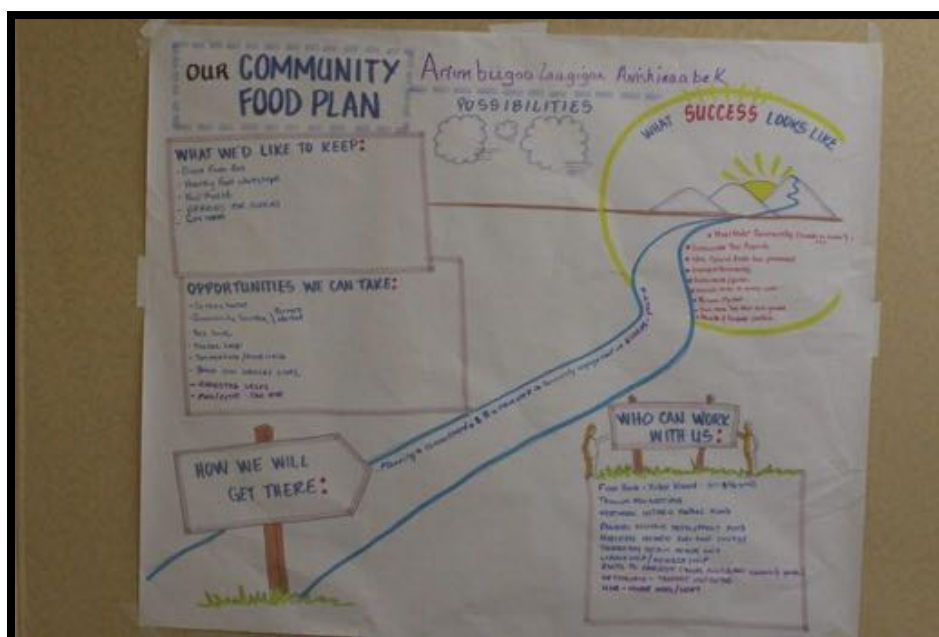


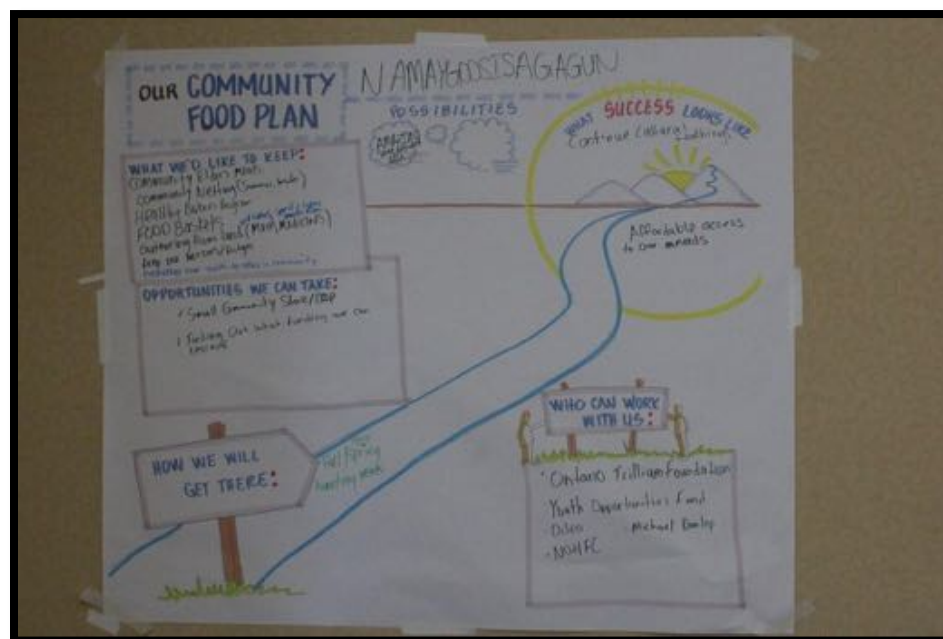
Community Plan Template



Community Plans Completed







Funders List

Potential Food /Health Related Funding
Thunder Bay District Health Unit - Understanding our Food System Project
First Nation Communities

Organization/Funder
The Canadian Community Economic Development Network
Sustain Ontario
Nordik Institute
Food Net Ontario
Food Secure Canada
Agricultural Adaptation Council
Master of Public Health Professional Development Fund
TD Canada Trust - Community Fund
NOHFC
FedNor
Human Resources and Skills Development Canada
INAC
J.W. McConnell Family Foundation
Ontario Trillium Foundation
Health Canada
Sustainable New Agri-Food Products & Productivity (SNAPP)
Rain Rural Agri-Innovation Network
The Greenbelt Fund
Poverty Reduction
Canada/Ontario Resource Development Agreement (CORDA)
OMAFRA
Indian and Northern Affairs Canada
Indigenous Community Capital Grants Program.

Artistic Renditions







AGROLAND FIRST NATION

BLUE GOLD BLUEBERRIES INITIATIVE



10 YEARS
initiative

WE **PROTECT**
our Blueberries
from *Pesticides*



THE **INCOME** really
helps PEOPLE
it's A BUSY TIME...



WE WELCOME
ANYONE TO
PICK WITH US

WE USE
VOLUNTEERS



WE PICK THE
BERRIES
BY HAND

IT'S GOOD
FOR THE
DISHES



PICKERS
are PAID
by the
BASKET

THE BERRIES
ARE GOOD FOR
YOUR BODY

WE KEEP SOME
FOR **COMMUNITY**
EVENTS

WE **WON** AN
AWARD for our
Work!!



COMMUNITY
MEMBERS
are paid by
the 3L BASKET



WE **SELL** at
• LOCAL MARKETS
• **INDEPENDENT**
STORES



THEY LIKE
OUR PRODUCT

WE PRICE
SO THEY ALSO
MAKE A
PROFIT

THEY LIKE
WE'RE HELPING
YOUTH

Youth
BENEFIT from
the **SALES**

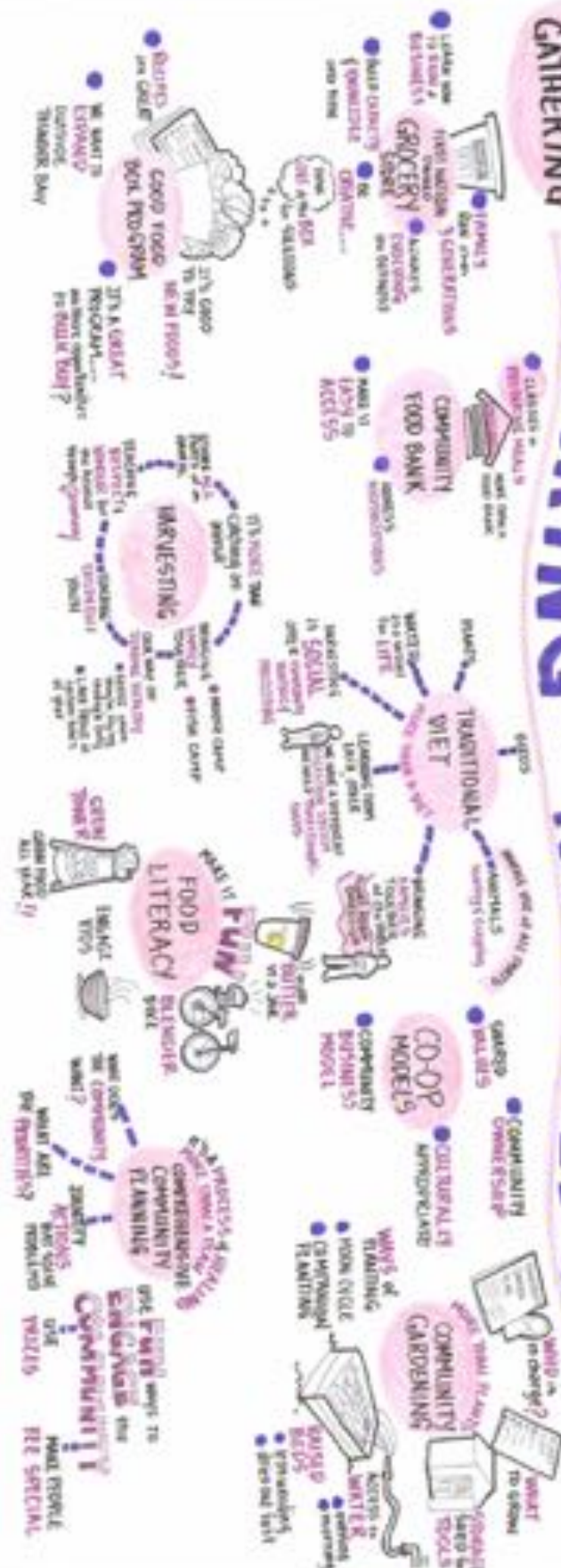
SKI
TRIPS

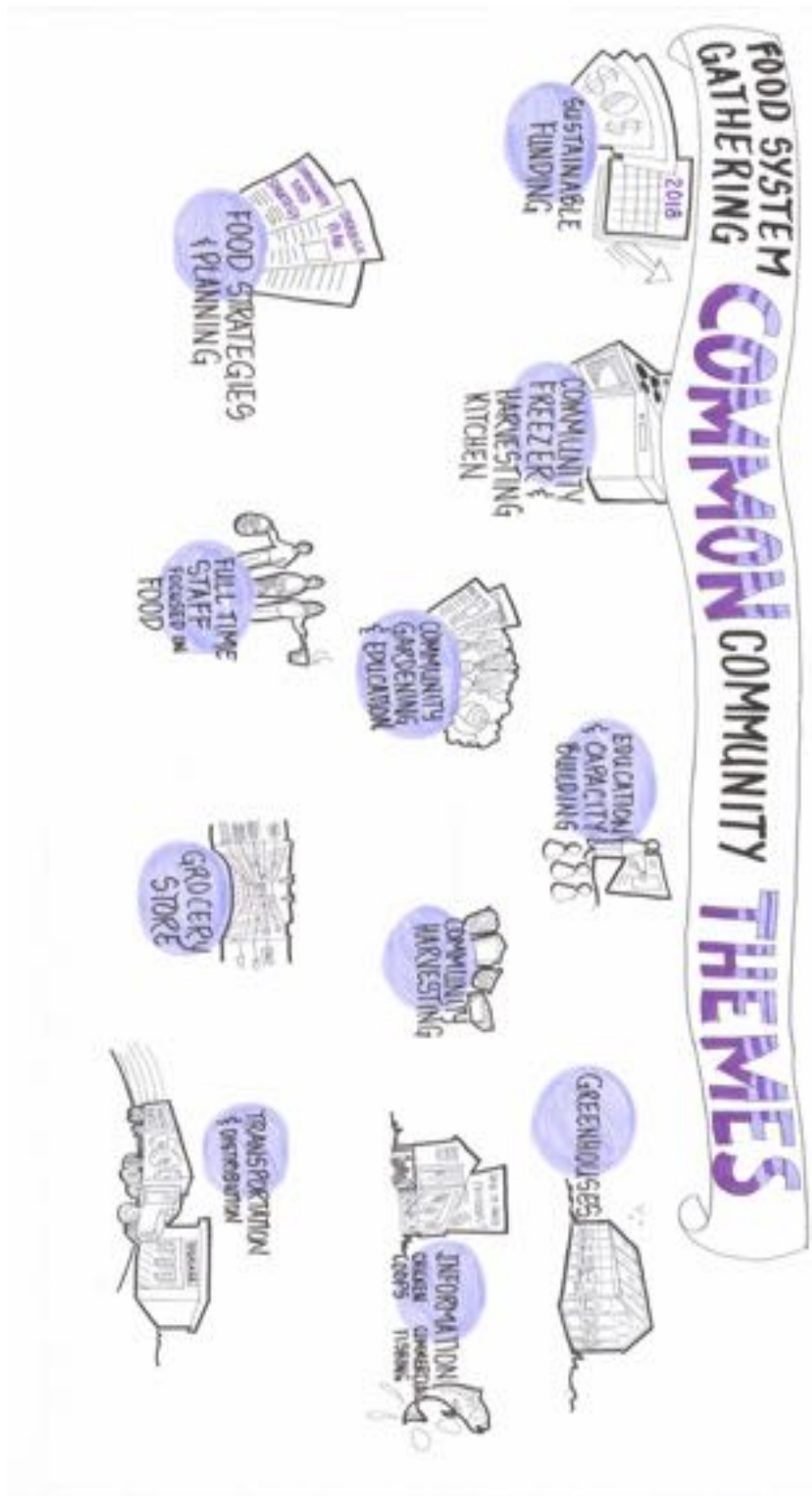
EDUCATIONAL
TRIPS



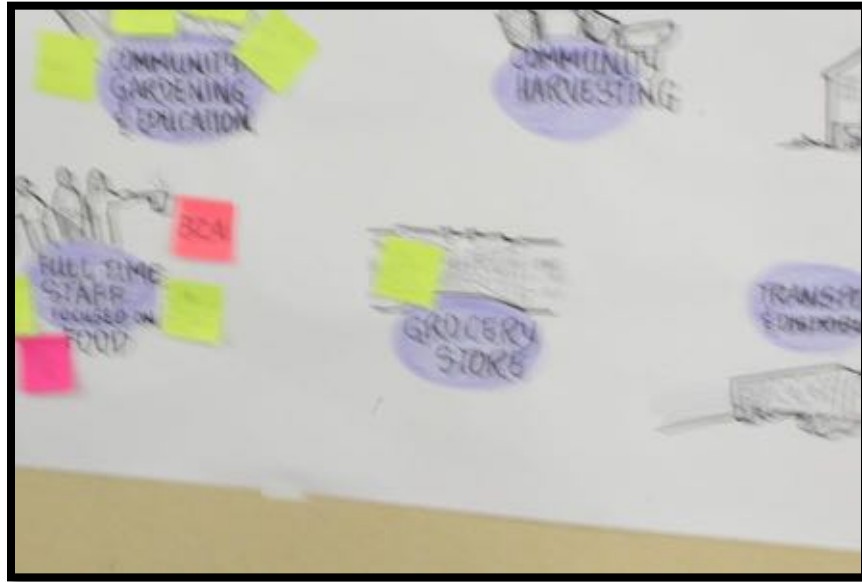
MAKE IT HAPPEN... VOLUNTEERS MAKE IT WORK!

SHARING our KNOWLEDGE





Prioritized Common Themes





Evaluation Template



YOU DO NOT HAVE TO PUT YOUR NAME ON EVALUATION.

CONFERENCE EVALUATION FORM

Conference:		Date:	
Facilitators:	Kirstine Baccar & Jessica McLaughlin		

Please check the appropriate box for the facilitators evaluation.

	Poor	Fair	Good	Excellent
1. Did your facilitators have a thorough grasp of the subjects?				
2. Did your facilitator actively invite questions?				
3. Did your facilitator answer the question posed?				
4. Was individual help provided when needed?				
5. Was your facilitator prepared for the conference?				
6. Did your facilitator have a professional demeanor?				
7. Did the facilitator provide time for follow-ups?				
8. How would you rate the overall skills of the facilitator?				

Conference Evaluation

Please check the appropriate box for the overall class evaluation.

	Poor	Fair	Good	Excellent
1. Did this conference meet your expectations?				
2. Was the level of presentations appropriate?				
3. Was the length appropriate?				
4. Did the conference begin on time?				
5. Was all of the equipment working properly?				
6. How would you rate the materials?				
7. Was the facility adequate?				
8. What is your overall level of satisfaction with this conference?				

Please enter any additional comments, suggestions, or problems concerning the conference. This helps us to better customize conferences to suit the participants needs.

Evaluation performed by (OPTIONAL) _____

Evaluation Summary

There were 38 conference evaluations completed and submitted. Every box checked was either good or excellent in all evaluations. There were 3 fair boxes marked regarding the facility and start time.

Additional Comments:

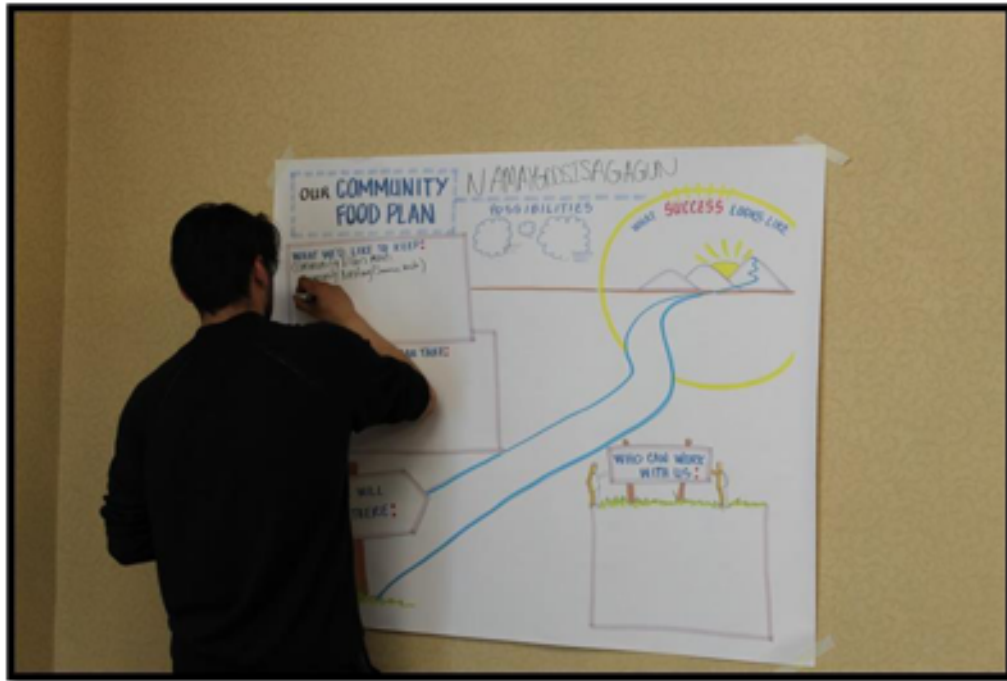
- Kirstine and Jessica did an excellent job presenting and facilitating the event. This conference should be done annually.
- Learned so much around food, loved learning and sharing information with each other. Excellent Conference.
- Smaller sessions in communities so that members can learn. Informative and fun.
- Great information to bring back to community.
- Great job! Awesome networking opportunities. Very interesting.
- Fantastic! Informative, encouraging and fun sessions. Made lots of contacts. This will help my position. Very much appreciated. Another gathering would be awesome.
- Enjoyed the conference. More information on traditional diet would be appreciated. Loved the graphic recording.
- Taking a lot of knowledge back to the community.
- Great food and snacks, very well facilitated and organized. Great resources and follow-up. Feel energized.
- Everything was just deadly. Chi Miigwech
- More information needed to come to the community. Breakfast should have included meat.
- A resource list of funders should be provided.
- Food was not too good, pineapple was served, need more meat/potatoes/pasta and need to do a follow-up.
- It was very good! I enjoyed it very much! Kirstine and Jessica were lovely!
- Look forward to the next conference and hear steps to have successful community gardens and sharing and supports from other communities.
- Blueberry initiative from Aroland was awesome. A self-sustainable venture that works and is all about the kids.
- Great food, awesome people, beautiful location. It would be great to have literature translated to indigenous languages. Reports, presentations etc.
- Healthy foods provided, open sharing was incredible. Great communication and coordination. Artist for banner displays was amazing.
- Time given for networking was amazing, necessary and appreciated.

Photos – “Understanding Our Food System” Gathering





Working on Community Plans





Ministry Panel



Concurrent Break-Out Sessions

First Nation Owned, Grocery Store, Andy's Food Town



Good Food Box Program – North Western Ontario Women's Centre



Community Food Banks – Regional Food Distribution Association



Community Harvesting Panel – Three First Nation Success Stories



Food Literacy – Roots to Harvest







Aroland Blueberry Initiative





Community Gardening Presentation



Comprehensive Community Planning Presentation



The Artist – Pamela Hubbard



They Media – Tony McGuire



The Facilitators
Jessica McLaughlin & Kirstine Baccar – Superior Strategies

