



UNDERSTANDING OUR FOOD SYSTEMS GATHERING

An interactive workshop to implement community food plans in First Nations communities.

JANUARY 23 & 24, 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

Food Sovereignty on Our Plates
by Rich Francis

MORNING - 9:00am

NOTE: Attendance on Thursday will be limited to community partners and relevant community partners.

Opening

Small Group Workshop Rotations
Cooking with Rich Francis (*Seventh Fire Hospitality Group*)
Transportation & Distribution of Food (*TBD*)
Greenhouses in Northern Ontario (*TBD*)

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
Donna Sanoffsky from Wabwoden - Bayline Food Buying Co-op;
Wabwoden Traditional Teachings; Beekeeping Project

Closing

AFTERNOON - 1:00pm

Introduction to Action Planning

Action Planning
Community Representatives + Relevant Connecting Partners

Sharing Community Plans

Closing

IN THE AFTERNOON OF JANUARY 22

You are welcome to join Rich Francis & the project team 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