

helping children thrive



Nutrition & Food Security in Indigenous Communities

GLENNA CAYEN, Community Program Coordinator
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Overview of Canadian Feed The Children (CFTC)

- CFTC is an independent development agency, founded in 1986, that works in international locations and in Indigenous communities in Canada
- Our mission is to unlock children's potential through community-led action in Canada and around the world
- We envision a world where *children thrive free from poverty*



**Voluntary Sector
Reporting Awards 2014**

Exemplar 2014-2017

CANADIAN FEED THE CHILDREN



CFTC'S COMMUNITY PARTNERSHIPS 2018/2019



CFTC's Saskatchewan Cluster

- **Muskeg Lake Cree Nation**
 - Community Program Coordinator
- **Ahthakakoop Cree Nation**
 - Food Security Assistant
- **Beardy's & Okemasis First Nation**
 - Partnership Model
- **Birch Narrows First Nation**
 - Partnership Model



ADVANCING FOOD SECURITY AND FOOD SOVEREIGNTY IN INDIGENOUS COMMUNITIES

- Our *holistic, integrated* child and youth-centered programs are delivered in partnership with communities
- CFTC's approach in Indigenous communities in Canada is:
 - Transformative, concerned with availability, stability and access to food
 - Focused on supporting communities to take control of their local food system, including:
 - ✓ information to guide consumption choices;
 - ✓ reconnecting with knowledge and skills around harvesting, growing, and preparing food;
 - ✓ having the means to procure equipment needed for hunting and fishing or other land base initiatives



Local Food System

- CFTC supports the establishment of gardens, either school, community, or household level
- Planting and gardening skills and knowledge are a part of the biocultural heritage of Indigenous Peoples



Family & Community Engagement

- Drop-in meals, community feasts and fresh food box programs supplement family nutrition
- Student <-> Teacher <-> Parent/nutrition education
 - ✓ Teachers incorporate gardening and healthy eating curriculum in classrooms
 - ✓ Classes on reading food labels, diabetes, heart health, etc., and related nutritional topics
 - ✓ Community members learn to cook healthy recipes



Traditional Practices

- Community members lead programming
- Knowledge sharing between children/youth & Elders
- Special events teach practices like fishing, trapping, food/medicine gathering
- Children, youth and parents reconnect with traditional methods to prepare, cook and preserve food



A Holistic and Healthy Community Initiative

Muskeg Lake Cree Nation (MLCN) Food Forest



A Holistic and Healthy Community Initiative

MLCN Food Forest

- **What is a Food Forest?**
- It's a multifunctional agricultural system which produces nutrient –dense fruits and other edibles, as well as medicines and cultural resources provided by nature.
- It's design is inspired by nature and so supports ecology and requires little maintenance or inputs once established.



Food Forest Planting Day October 15, 2018

- 140 Apple trees (5 varieties)
- 40 Plum trees (3 varieties)
- 40 Cherry trees (2 varieties)
- 100 Saskatoon berry bushes
- 20 mountain ash trees (attracts the birds)
- 20 birch trees (used as wind breaks)



Key Areas of the Community to Benefit from this Food Forest Initiative

- 1. Land-use for Sustainability and Economic Development
- 2. Food Security
- 3. Health
- 4. Education: Focus on Land-based education
- 5. Sport Development, Culture and Recreation



Food Forest Initiatives in 2019 and Beyond

- **Workshops for 2019**
- **Plants as Food and Medicine Project -2 day**
 - This Project will focus on reclamation of ancestral food traditions and the holistic wellness that is found in returning the land for health, culture and healing

Medicinal Garden – 6 day

-Emphasize the importance of reclaiming natural spaces where we can reestablish relationships with mother earth as our teacher.



Children's Playscapes

- Incorporate Natural Playscapes for the children in the Food Forest



Elder's Rest Area with Seating to be built in Food Forest May 2019



Wish List for the Food Forest Area

- All year round greenhouse
- Beach and boat launch at site for children
- Elder's Lodge and Canning Facility (built in the shape of a turtle)



MLCN Food Forest Project Vision

- Re-establish a Cree relationship with the Land
- Reviving traditions and taking care of the land and ourselves
- Self-determinant in food production & sovereignty
- A functional and beautiful space for the whole community!



A group of approximately 15 students and one adult are gathered outdoors in a field. Two individuals, a young woman in a black hoodie and a man in a green plaid shirt, are kneeling in the foreground, looking into a hole they have dug in the ground. A vertical measuring tape or rod is placed in the hole. The other students, dressed in casual outdoor clothing like hoodies, jackets, and jeans, stand around them, watching the activity. The ground is dry and covered with straw or hay. In the background, there are some vehicles and a fence under a clear blue sky.

THANK YOU!

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