

A Participatory Project to Address Food Security with Partnering Communities of the Williams Treaties First Nations

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A partnership project of:

Cambium Aboriginal Inc.

University of Waterloo,

School of Public Health and Health Systems

Ontario Ministry of Agriculture, Food and Rural Affairs



UNIVERSITY OF WATERLOO
FACULTY OF APPLIED HEALTH SCIENCES

Traditional Territory Acknowledgement

We are gathered on the traditional unceded territory of the Algonquin Anishnaabeg People.

The current project is all about stewardship of the land



Introduction



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Introduction



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Guiding Principles

Guiding Principles:

- Respect, relationships and reciprocity

Considerations:

Reconciliation of Indigenous Food & Sustainable Agri-food Systems

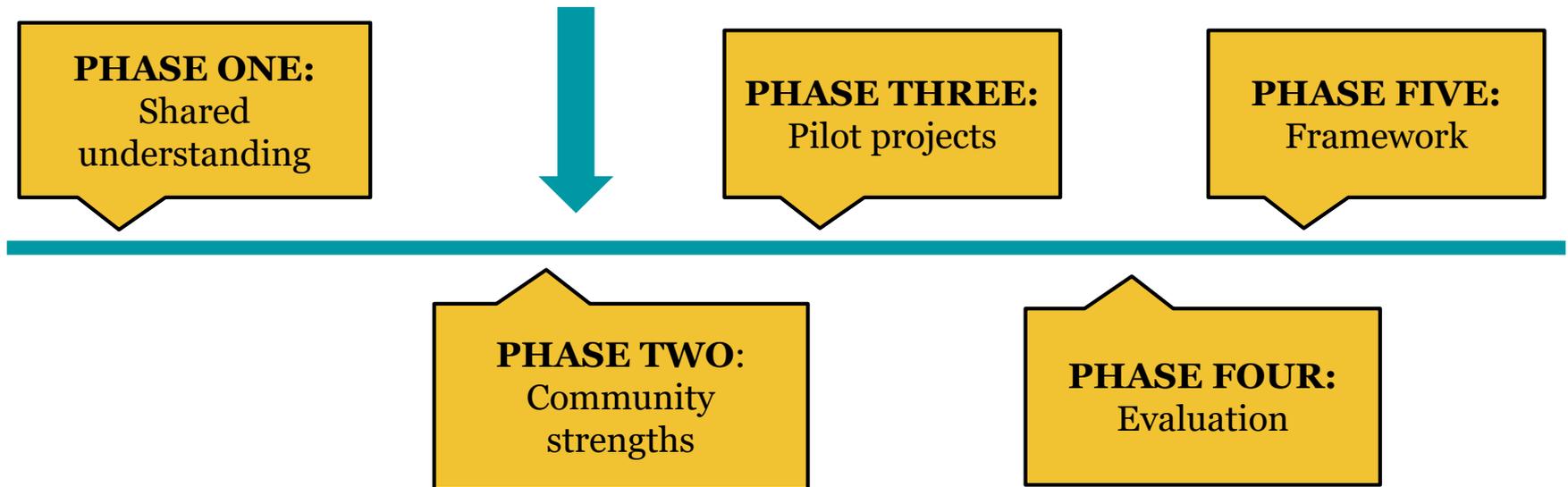
- Historical associations between agriculture and colonization
- Diversity of Indigenous perspectives and contexts
- Importance of protocol, e.g., for harvesting wild foods
- Full community participation in practices, policies and research that benefit communities and the natural resources that are connected with Indigenous food systems

& opportunities

- Shared values: conservation, stewardship of the land, ecology, sustainability, inter-relationships, future generations



Project Overview: Long-term vision



Project Overview: Background

- Multi-phase project
 - Funding support: Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA)
- Partnerships:
 - Williams Treaties First Nations communities
 - OMAFRA
 - Cambium Aboriginal Inc.
 - University of Waterloo
 - Trent University
 - Ministry of Environment Conservation and Parks (MOECC)



Project Overview: Background

- Partnering communities of the Williams Treaties First Nations:
 - Beausoleil First Nation
 - Curve Lake First Nation
 - Georgina Island First Nation
 - Rama First Nation



Phase I: Approach

Objective: Understand Indigenous food security and food sustainability in a regional context

1. Literature review

- Indigenous food sustainability, food security, and food sovereignty in Canada
- Relations between the environment, food, and health

2. Community engagement

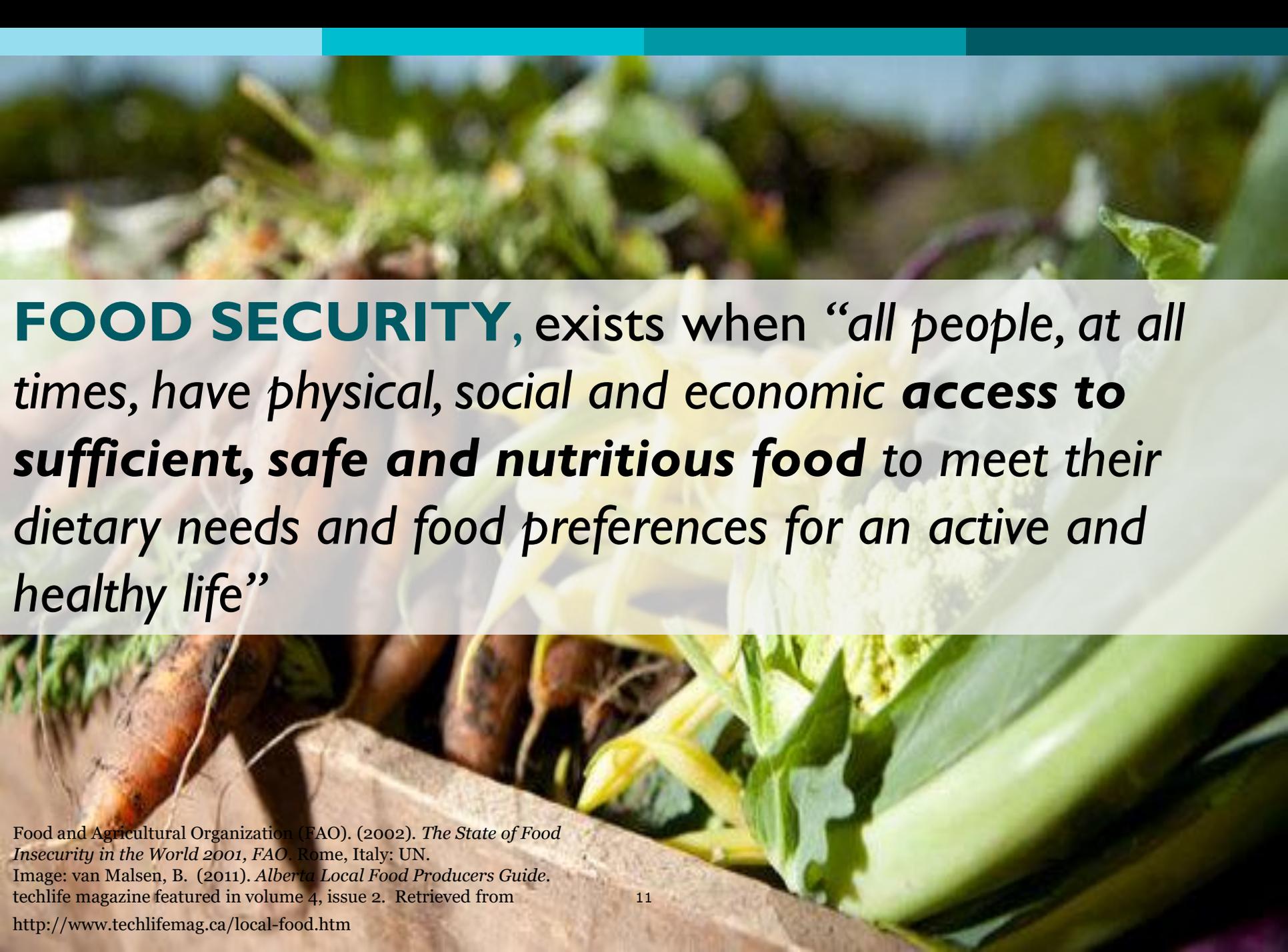
- Face-to-face meetings with community partners



Community engagement

- Built on relationships from ongoing climate change adaptation projects
- Held face-to-face meetings with community advisors from Georgina Island FN, Beausoleil FN, Curve Lake FN and Rama FN to:
 - Discuss food security and food sustainability from perspectives of communities
 - Gather input regarding food security and food sustainability: priorities, challenges and opportunities
- Gathered delegates input at Our Land 2018 Conference held at Rama First Nation
 - Workshop, survey, full-group discussion



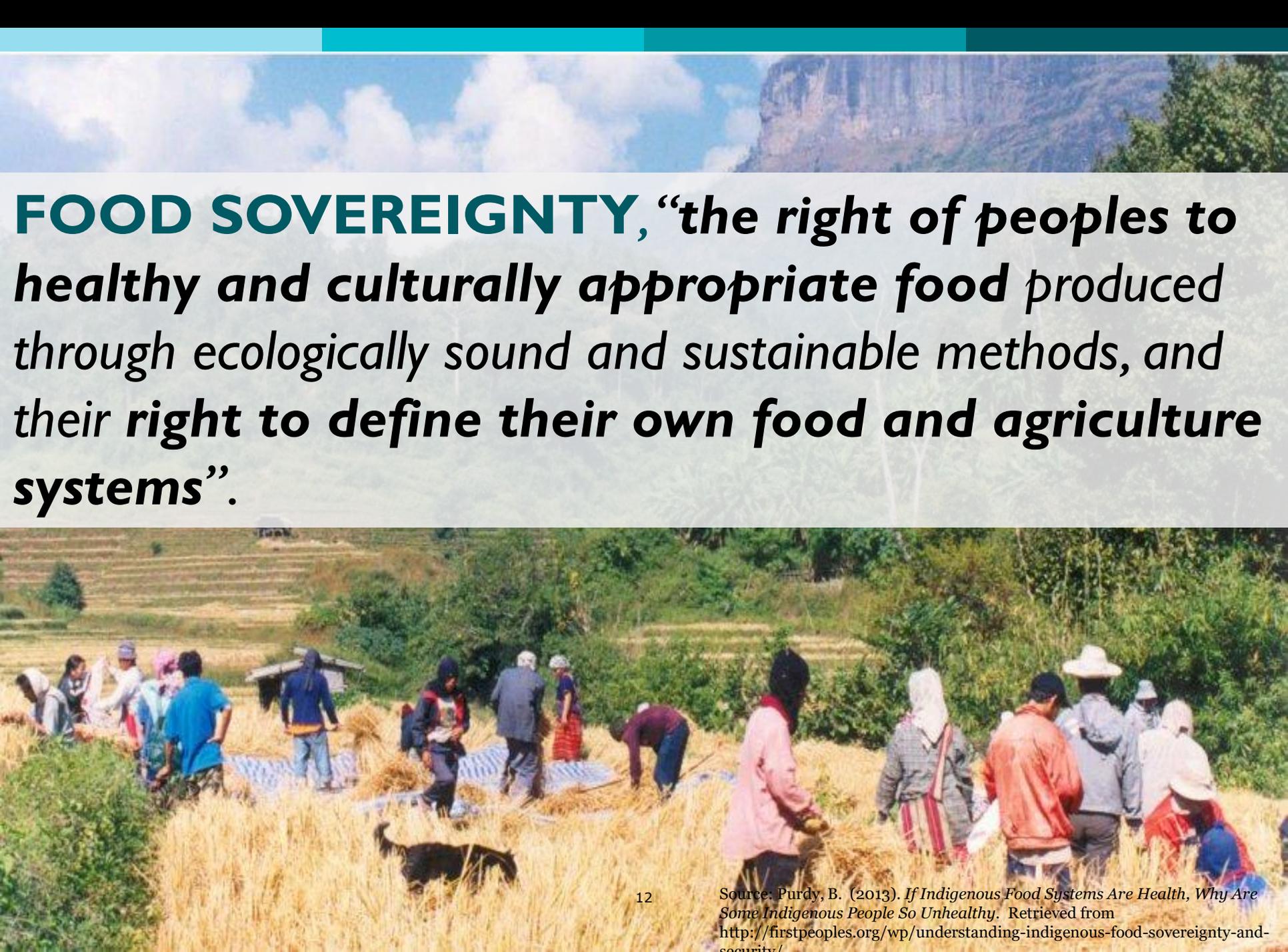


FOOD SECURITY, exists when “all people, at all times, have physical, social and economic **access to sufficient, safe and nutritious food** to meet their dietary needs and food preferences for an active and healthy life”

Food and Agricultural Organization (FAO). (2002). *The State of Food Insecurity in the World 2001*, FAO, Rome, Italy: UN.

Image: van Malsen, B. (2011). *Alberta Local Food Producers Guide*. techlife magazine featured in volume 4, issue 2. Retrieved from

<http://www.techlifemag.ca/local-food.htm>



FOOD SOVEREIGNTY, “the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems”.

Phase I: Results

What does food security and sustainability mean to you?

Food security

- Promoting and maintaining holistic health and wellness
- Ability to grow your own food and produce all year round
- Food sharing resources available (e.g., community freezers)
- Practicing ceremony associated with traditional food acquisition activities
- Partnering with local communities and having a trading system in place
- Everyone having access to healthy foods of good quality
- Access to transportation (e.g., bus, car, boat)
- Affordable food

Food sustainability

- Not relying on external food sources
- Having the ability to control what goes into your food and control the health of your people
- Growing and sustaining your own food in your community
- Environmentally responsible food production

Note: Table includes pooled results from community engagement sessions and the Our Land Conference (survey & workshop)
Community's (N=4)
Surveys (N=20)



Phase I: Results

What food security and sustainability priorities exist in your community?

Traditional food acquisition

- Community freezers as a food sharing resource and support access to traditional food
- Workshops and classes on traditional food gathering, preparation and production (e.g., wild rice production and processing; maple syrup; apple orchards)
- Traditional medicine walks to enhance knowledge of type and use of medicine available in the community
- Wild rice bed restoration
- Community hunting groups
- Knowledge exchange between communities of existing practices and projects promoting traditional food use
- Commercial fishery
- Land and water protection plans for hunting, harvesting and trapping (e.g., forest, wild rice)

Agriculture activities

- Soil management and fertility maintenance programs to support food crop production
- Farmers markets available within or in close proximity to the community with affordable healthy foods available
- Vacant purchased acres of land to be utilized for agriculture
- Community seed bank to support community access and education on use
- All purpose/agriculture building
- Greenhouse

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Community's (N=4)
Surveys (N=20)



Phase I: Results

What kind of initiatives would you like to see in your community to enhance local food access?

General community-based project or programs

- Fish hatchery
- Community garden
- Greenhouse and other infrastructure for food growth and storage
- Community kitchen
- Wild rice restoration and eco-tourism program with wild rice production
- Apple orchards restoration and pruning of apple trees
- Traditional medicine workshops, trails, walks
- Food skill building classes with access to dietician
- Canning and preservation workshops
- Healthy eating cooking classes
- Community-based transportation (e.g., bus) to support improved access to grocery stores from the community
- Food share program with local land owners and farmers

Note: Table includes pooled results from community engagement sessions and the Our Land Conference (survey & workshop)
Community's (N=4)
Surveys (N=20)



Phase II: Tools to Support Community Action

1. Community Strengths Inventory

Interactive inventory of community assets, resources, strengths to support pilot project

- Checklist to assess resources for pilot projects
- Allows for holistic inventory of community strengths
(Space, food sources/practices, knowledge keepers)

By the community, for the community

- Tool to be adapted by context
- Best serve needs as understood by communities
- Avoid prescription with comprehensive design



Community Strengths Inventory

3.8 Opportunities for Trade, Distribution & Sales

Use the space below to **identify the opportunities for trade, distribution, and sales currently existent** in your community. When taking inventory, critically assess potential future avenues for growth and/or improvement.

Opportunity name/type:

Meeting time/frequency:	Meeting location:
Brief description:	
Resources necessary to participate:	
Contacts for participation/more information:	
Brainstorm potential opportunities moving forward. How can these opportunities be built on?	

What is the nature of the resources, tools, and equipment are available to your community for gardening?

Resource, tool, equipment	Owner/Contact	Notes
Rotary tiller, six spades, tractor	Ms. Real Woman, rw@gmail.com	Tiller unused all of August, tractor for hour long bookings

Who are keepers of knowledge in your community with regards to gardening?

Knowledge Keeper	Contact Information	Area of Expertise/Learning	Potential Contribution
Ms. Example Name	her.email@live.ca	Tomatoes, seed drying	Coordinate efforts to make new plots



Next steps

- Community strengths inventory
 - Strengthen existing key resources and assets in the community
- Community education and capacity building
 - Share and validate key findings with communities
 - Identify community-specific initiatives
- Community-based project implementation



**Thank you
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Disclosure Statement

- I have no affiliation (financial or otherwise) with a pharmaceutical, medical device or communications organization.

