

APRIL 4 – 6, 2023

First Nations Health & Wellness Summit



First Nations Health Authority
Health through wellness

Sharing wise, community-driven practices for wholistic wellness

Food Systems Opportunities in Health Emergency Management



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Overview

Sharing wise, community-driven practices for wholistic wellness

- Introductions
- Discussion of holistic approaches to wellness and food
 - Breakout session for dialogue
- Discussion of food security during and after emergency events
 - Breakout session for dialogue
- Discussion of community examples of innovative food systems
 - Breakout session for dialogue



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Kathleen Yung

Healthy Eating and Food Security
Specialist, FNHA Central

I am of Chinese Ancestry; I am also a
mom, wife, daughter and sister

Grateful to live, work and play on the
beautiful unceded territories
x^wməθk^wəy'əm (Musqueam),
S_kwx_wú7mesh (Squamish), and
səlilwətał (Tsleil-Waututh) peoples





Casey Neathway

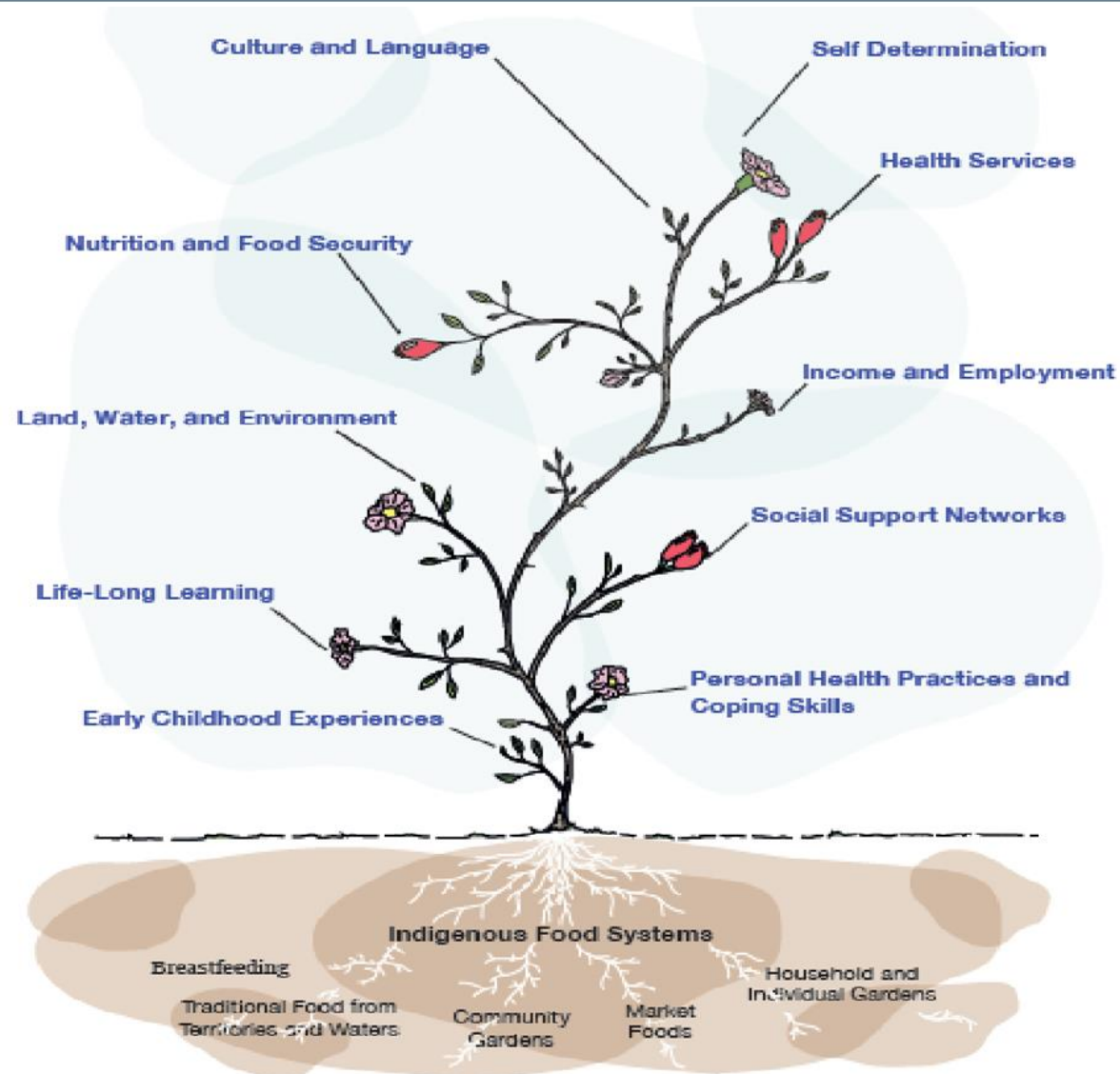
Director, Regional Health Emergency
Management and Environmental Public
Health Services

Uninvited settler guest who lives and
works in the traditional and unceded
Syilx territory.



Indigenous Food Systems and Social Determinants of Health

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Indigenous Food Sovereignty / Independence

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*The interconnections among culture, heritage, spirituality, and politics, can make **Indigenous food sovereignty** difficult to define. Emphasis on the people and the place (or territory) of a people means that Indigenous people have a responsibility to their land systems, one that is “achieved by upholding our long-standing sacred responsibilities to nurture healthy, interdependent relationships with the land, plants, and animals that provide us with our food” (Morrison, 2011, p. 100)*

Four Key Principles that provide pathway to support food sovereignty:

- 1) Sacred or divine sovereignty;*
- 2) Participatory;*
- 3) Self-determination; and*
- 4) Policy*

<http://www.indigenousfoodsystems.org/food-sovereignty>



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Indigenous Food Security

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Indigenous food sovereignty can be seen as a pathway towards de-colonizing land, water and people as it privilege[s] Indigenous worldviews, livelihoods, and governance". Therefore, Indigenous food sovereignty is foundational to improving Indigenous people's food security, nutrition and well-being, and to preserving their governance systems and ways of knowing and living.

Rosanne Blanchet¹ , Malek Batal, Louise Johnson-Down, Suzanne Johnson, Okanagan Nation Salmon Reintroduction Initiatives and Noreen Willows



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QUESTIONS FOR DISCUSSION

- **Does food connect to our identity?**
- **How does food influence our understanding of the world?**
- **With rising food costs, what are innovative measures are your communities using and where are the gaps?**



Food Systems Opportunities in Health Emergency Management

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- Climate-related environmental emergencies (wildfires, floods, landslides) can have multiple impacts on food systems
 - Impacts to traditional food/medicine gathering areas
 - Impacts to food quality/growing seasons
 - Restricted access to / destruction of food stores
 - Impacts to wildlife corridors/habitat
- Post-emergency (“recovery” pillar), there are opportunities to rebuild food systems and structures and a more holistic way
 - Establishing community food hubs
 - Sharing/trading food between Nations/Communities
 - Developing resilient food sources (e.g. community food development in the context of a changing climate)
 - Identifying and strengthening relationship-based food systems



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Food Systems Opportunities in Health Emergency Management

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- Individuals are often unable to personally prepare for food security challenges that come with environmental emergencies
 - Recommended to have a 3-day to 1-week supply of (non-perishable) food
 - Recommended to have cash in small bills to purchase items (including food) when Interac and credit card processing systems are down
- Recent emergencies (including COVID-19 and 2021's Atmospheric River events) highlighted risks with supply chains
 - Even if your Community is not directly impacted by an emergency, your food supply might be
 - Just-in-time supply chains reduce opportunities for fast recovery from emergency events



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QUESTIONS FOR DISCUSSION

- **What does a resilient food system look like for your Community or Nation?**
- **What are the food systems that currently exist for your Community or Nation that could be impacted by an environmental/climate emergency?**
- **What would you change with existing systems if you were able to rebuild from nothing?**



Canning: Food Preservation & Relationship

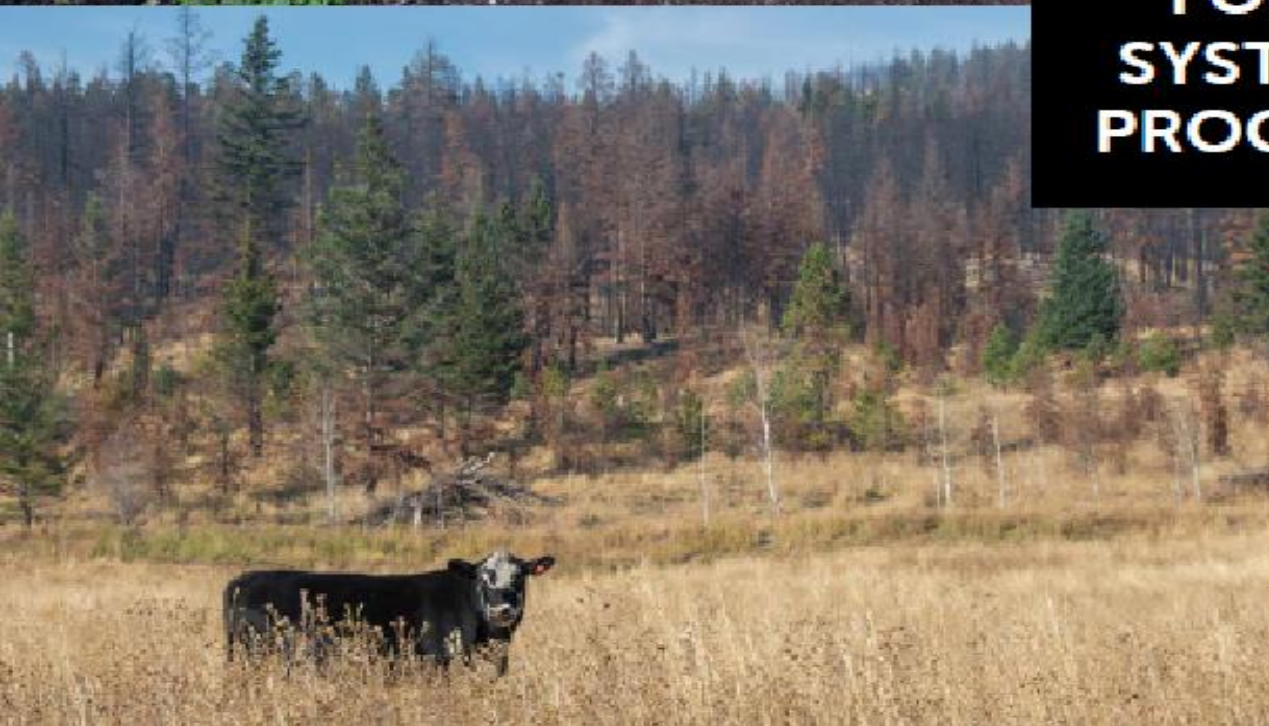
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I-SPARC
**FOOD
SYSTEMS
PROGRAM**





"I am a clinical therapist and I do some therapy in the garden. The garden is a great place to do trauma therapy. With one child, we were able to work through some early trauma. While pulling weeds we uprooted some ants and the ants home ... which helped this child reflect on his own life's parallels of being uprooted and displaced from his home. We were able to dive deep into some tough topics while in the safety of the garden space. It can be very therapeutic"

~ Ted Campbell, Youth Clinician and Food Champion, Nuxalk

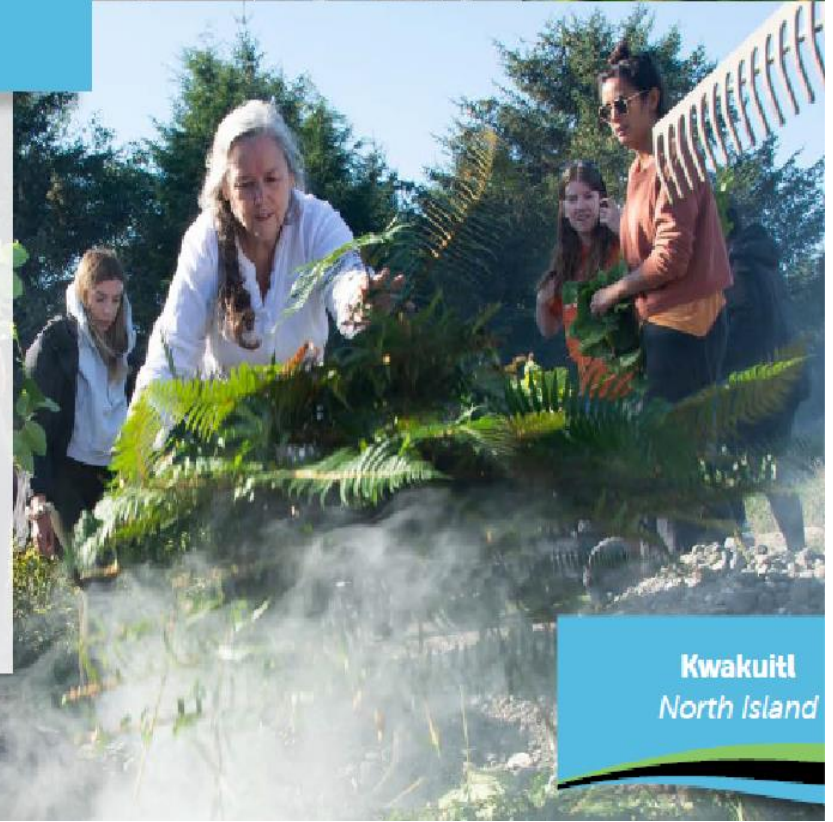


"Food sovereignty is about more than just food—it is everything. It's in our history, it's in our stories, water, land, air and supernatural."

~ Ross E Hunt Jr, Kwakwaka'wakw

Kwakwaka'wakw First Nation has found that community engagement tends to increase when there are special events to look forward to, like the annual pitcook at harvest time, utilizing food from the gardens and the sea.

This method of cooking, and ceremony around it, has existed for millennia until it was suppressed during colonialism. In recent years, communities have been bringing it back. Elders and Knowledge Holders are passing on knowledge and techniques to the next generations who want to restore this practice.



Kwakwaka'wakw
North Island