



ADI –Food Security Photo Essay- Fall 2013

To the Ontario First Nations Integrated Health Promotions Strategy team please accept our entry for the ADI Food Security Photo Essay– Fall 2013.

We are very thankful for the ADI food security funds that we do receive, without them our participation in the following activities would be non-existent.

My name is Christine Fuller and I am the Mental Health/Community Wellness Support Worker for Chippewa's of Rama First Nation.

I facilitate a group every Thursday called the Community Drop In/Coffee Cup Club. The group consists of community members whom are interested in re-connecting to their community, socialize, make friends, and seek constructive, positive engaging interactive activities.

Using the medicine wheel teachings, body, spirit, heart and mind, I plan and incorporate activities that touches on all these areas to enhance their wellbeing, to help build a healthier community one person at a time.

During this group time we have a very healthy Diabetic friendly nutritious lunch, learning about choices, trying different foods, learning about different ways of preparing foods, as well as engage in conversations, share our life's, with laughter and or tears.

It is very much a participant based program, the participants express what they are interested in learning and my role is to do my best to ensure that it happens.

The following pictures will give you a glimpse as to what activities we have accomplished and like to continue doing using the ADI food security funds.

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In this picture our guest presenter is describing in detail about her farm and what life is like on a farm. She is describing to us about the variety of chickens and the eggs that they produce. She brought a variety of chickens to group, it was hilarious. Group members got to hold the chickens.



During this time as you can see from the background, on the table are starter kits for seeds to be planted inside. 2 Months later she returned and help us transplanted our grown plants to bigger containers. Everyone whom attended made their very own container garden.



This is one of the participants from our Thursday 's group. She was quite excited to be holding a live chicken.

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We just didn't stop at planting veggies we went one step further and made our own herb garden . Each participant got to take one home. The Various herbs we planted were chocolate mint, parsley, chives, oregano and rosemary.



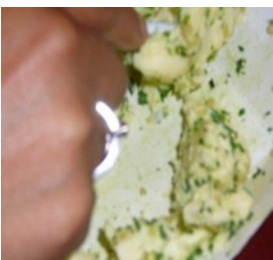
At our next group we Learned all about "HERB" & come cook with "HERB" . Here we have a participant using scissors cutting up some herbs into small pieces.



After the various herbs were cut up separately, they took the pieces of herbs, place them in an ice cube compartment of the tray added enough water just to cover over , placed the lid of the tray and labelled each compartment, then popped them into the freezer. If parsley is needed for a soup or sauce they would just pop out that compartment marked parsley right into the sauce . We had a very creative participant whom marked her compartment not the name of the herb but what she was going to use it for like spaghetti sauce, turkey etc.. Very creative, thinking outside the box.



Using unsalted butter we use garlic and chives to make herb butter. Below is the process of making the herb butter. Blend the butter and herbs together about one cup of soft butter, roll and form it up like a tube, on a piece of saran wrap, put in a freezer bag marked and dated, pop it in the freezer, when needed just slice a piece off and throw it into your potatoes while mashing or on a piece of bread to be toasted in the oven.



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Here we combined two of the programs together, the Thursday's Community Drop In/Coffee Cup Club, and HIM, Healthy Indigenous Male Program. We went Strawberry picking for the Community.



We picked 30, 3Litre baskets full of Strawberries from a local Strawberry Farm.



Unfortunately, due to the stickiness of making diabetic friendly Strawberry Freezer Jam we were unable to take pictures of the process. We were covered in Strawberries. With the help of our Dietician we made several Jars of Jam that we shared with all.

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Our next joint adventure was to the apple orchards in seek of the perfect delicious apple. Mmmmmmmmm goooooood.



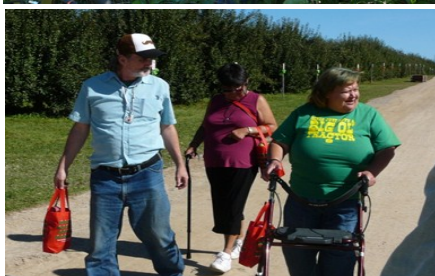
Here we are on the tractor that took us around the farm and into the orchards learning about all the different types of apples and which ones are good for eating, baking and juice apples. Tart to sweet to the middle of the road apple.



Where to start that was the question, soooooo many apples to pick and only so much room in our bags.



One Participant seizing up which apple to pick , sooo many to choose from.



Using either a cane or a walker the orchard was easily accessible to all whom participated .

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What to do with ALLLL those fresh apples? In this photo a participant along with our Community Dietician peeling and slicing the apples preparing them for APPLE SAUCE AND APPLE BUTTER.

Even though not every one was able to participate in the apple picking they still were able to participate in the apple sauce and apple butter making.



Roberta checking on the apples and Donna adding more water to help mash the apples as they boil.



Apples are mashed and boiled down, just filling up the jars , mmm good apple sauce. The apples were soooooo sweet and juicy we did not add any sugar or sweetener.



Participants filled up there Jars with the fresh homemade apple sauce as they shared the many uses of applesauce.

2 weeks later I received a very special gift from one of the participants, she made applesauce and added rhubarb, rhubarb applesauce and gave me a jar as a gift.



Using the unsweetened apple sauce we continue using the apple sauce as a base for the apple butter. 2 cups of the freshly made applesauce we added 1/4 cup of sugar, 1 teaspoon ground cinnamon, 1/4 teaspoon ground allspice 1/8 ground ginger, 1/8 teaspoon ground cloves. Bringing everything to a boil, reduce heat, simmer uncovered for 30-35 minutes, stir every 3-4 mins., remove from heat, cool and put into jars makes 1-1/2 cups.

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In closing I would like to say that we as a group/community enjoy our many adventures from beginning to end it fills our body with the good food we eat, fills our spirit of sharing laughter/tears, and being connected to mother earth, it fills our hearts in accomplishing not only something for ourselves but to give back to the community, and last but not least it also fills our minds with all that we learn from traditional teachings, history from the strawberry to learning about the foods we eat to help us become healthy as a whole.

Please accept this is our submission for the ADI –Food Security Photo Essay –Fall 2013

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