

# NiKigijavut Hopedalimi

*“Our Food in Hopedale”*



**Prepared By:** Juliana Flowers, Project Coordinator;  
Susan Nochasak, Project Assistant; and Kristie  
Jameson, Project Support

**On Behalf of:** The Food Security Network of  
Newfoundland & Labrador

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# 1. Background of NiKigijavut Hopedalimi Project

Inuit communities across Canada continue to face challenges related to accessing adequate amounts of nutritional food. The high cost of nutritional foods, high cost of gas and hunting equipment, and limited awareness of healthy eating habits are some of the many factors contributing to this food security challenge. These factors can have significant negative impacts on Inuit health, family dynamics, and overall community well-being.<sup>1</sup>

**1.1 NiKigijavut Hopedalimi: Behind the Name**

*On Thursday, February 18<sup>th</sup>, a one hour call-in radio program was held on the Hopedale Inuit Community Government radio station. This program aimed to promote the project and to allow members of the community to share their views on community food security challenges and priorities, as well as engaging the community in choosing a name for the project (as incentive, a \$100 healthy food voucher was awarded to the caller who suggested the winning name).*

*In all, 29 people called with suggestions for the name of the project (see Appendix A: Suggested Project Names for the full list). Following the radio program the list of names was presented to a group of community seniors to discuss the meanings and correct spellings of the Inuktitut suggestions. The project's Community Steering Committee then met to choose the most creative and appropriate name for the project. The name chosen was NiKigijavut Hopedalimi, which translates to "Our Food in Hopedale."*

## 1.2 Purpose of NiKigijavut Hopedalimi Project

The purpose of the NiKigijavut Hopedalimi Project is to perform a community-led food security assessment in the Labrador coastal community of Hopedale in order to ultimately develop community-based solutions to community food security challenges.

## 1.3 Defining Community Food Security

Community Food Security exists when all citizens can have a safe, nutritious, personally acceptable, and culturally appropriate diet through a sustainable food system that maximizes healthy food choices, community self-reliance and equal access for everyone. This concept of community food security has been used as the framework guiding the NiKigijavut Hopedalimi Project.

Food Security is a fairly new concept in the community of Hopedale. While some groups within the community are familiar with the term, many people are unfamiliar with it. Through the NiKigijavut Hopedalimi project, some education and awareness around food security was achieved in the community, yet there is room for much more.

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<sup>1</sup> David A. Boulton, "Hunger in the Arctic: Food (In)Security in Inuit Communities: A Discussion Paper," Ajunginiq Centre, National Aboriginal Health Organization, October 2004.

## **1.4 Project Partners**

The success of the NiKigijavut Hopedalimi Project depends upon strong and meaningful partnerships between a diverse range of organizations and individuals. This project is being hosted by the Food Security Network of Newfoundland and Labrador (FSN), is being led by a Community Steering Committee based in Hopedale with the support of an Advisory Committee made up of provincial and national members.

### ***The Food Security Network of Newfoundland and Labrador***

The Food Security Network of Newfoundland and Labrador (FSN) is a provincial non-profit organization that was founded in 1998 in response to growing concerns of hunger and poverty in the province. FSN envisions a province where all people, at all times, have physical and economic access to sufficient, nutritious, safe, and culturally-appropriate food to meet their dietary needs and food preferences. FSN has the mission to actively promote comprehensive, community-based initiatives that seek to ensure access to adequate and healthy food for all in Newfoundland and Labrador.

FSN's primary role in the NiKigijavut Hopedalimi Project was establishing and facilitating a partnership between the project funders, the Public Health Agency of Canada (PHAC) and First Nations and Inuit Health Branch (FNIHB), and the Hopedale community, as well as recruiting members of the Community Steering Committee and Advisory Committee. On an ongoing basis FSN provides administrative support to the project team and acts as a liaison between the funders and the project committees.

### ***Community Steering Committee***

Involvement and commitment from the community is integral for a community food assessment to be successful and meaningful. To ensure community input is included through all stages of this project, NiKigijavut Hopedalimi is led by a community steering committee, and is managed by a project coordinator and project assistant hired from within the community. The Community Steering Committee is responsible for the overall guidance of the NiKigijavut Hopedalimi Project. The Steering Committee meets weekly, or bi-weekly as necessary, to develop work plans, identify key informants for consultations, and guide the Project Team. The Community Steering Committee consists of:

- Judy Dicker, AngajukKâk (chairperson) of Hopedale Inuit Community Government, Nunatsiavut Government (NG)
- Sophie Pamak, Hopedale Home Care Nurse, Home and Community Care Program, Department of Health and Community Services, NG
- Christine Vincent, Hopedale Community Worker, Department of Health and Community Services, NG
- Marjorie Flowers, Hopedale Team Leader, Department of Health and Community Services, NG

The Project Team is two members of the community who have been hired to manage the work of the project within the community. Juliana Flowers, Project Coordinator, and Susan Nochasak, Project Assistant are responsible for engaging the community in the project through organizing and facilitating community consultations, collecting information, and preparing reports.

### **Advisory Committee**

The Advisory Committee was established to provide support and resources to the project where appropriate. At monthly meetings the Project Coordinator or another project team member updates the Advisory Committee on the progress of the project and the Advisory Committee provides feedback on the proposed next steps. The Advisory Committee consists of:

- Judy Dicker, AngajukKâk (chairperson) of Hopedale Inuit Community Government, NG
- Michele Wood, Researcher/Evaluator, Department of Health and Social Services, NG
- Eric Loring, Team Leader, Senior Research and Policy Advisor, Inuit Tapiriit Kanatami
- Kristie Jameson, Executive Director, Food Security Network
- Kathy Michelin, Senior Analyst, Department of Labrador & Aboriginal Affairs, Government of NL
- Glendora Boland, Nutrition Consultant, Department of Health and Community Services, Government of NL
- Melodie Kelly, Department of Human Resources, Labour and Employment, Poverty Reduction Division, Government of NL
- Blaine Hussey, Manager of Market Development, Department of Natural Resources, Agrifoods Division, Government of NL
- Kelly Janes, Health Promotion and Wellness Coordinator, Labrador-Grenfell Health
- Dr. Larry Felt, Department of Sociology, Memorial University of Newfoundland

## 2. About Hopedale

### 2.1 Location and Geography of Hopedale

Hopedale is one of five Inuit communities located on the north coast of Labrador on the mainland portion of the province of Newfoundland & Labrador, Canada (See Figure 1). Hopedale was originally known as Agvituk meaning 'a place where there are whales' and was first established in 1782 by Moravian Missionaries. Hopedale is located in-between the communities of Natuashish and Postville, amongst the large bays that open up to the Labrador Sea. With Hopedale's location along the coast and among many small islands, the community is rich with wild birds and is known to have some of the world's best fishing.

**Figure 1: Map of Hopedale, Labrador**



Source: University of Guelph, <http://www.uoguelph.ca/gecg/page.cfm/Hopedale-Labrador>

All five Inuit communities, including Makkovik, Postville, Hopedale, and Nain, are geographically isolated with no road linkages to other areas of the province. Travel between these communities depends on plane and boat service, and various personal transportation alternatives. Air travel to Hopedale is serviced by two major airlines, six days per week for passenger and freight (it is roughly 1 to 2 hours by plane from Happy Valley-Goose Bay to Hopedale, including stops, at a cost of \$220 one way before taxes). Marine Atlantic provides ferry services to Hopedale during the ice-free season, approximately 5 months of the year for passengers and freight (it is roughly 30 hours by ferry from Happy Valley-Goose Bay to Hopedale at a cost of \$105 round trip before taxes). Local transportation services, personal watercraft, vehicles, all-terrain vehicles, and snowmobiles are used for transportation within and between communities depending on the season (in the winter, depending on conditions, it is roughly 4 to 6 hours by snowmobile from Nain to Hopedale).

## **2.2 Governing Bodies of Hopedale, Labrador**

### ***About the Nunatsiavut Government and Inuit Community Governments***

The Nunatsiavut Government, formerly known as the Labrador Inuit Association, was officially established on December 1st 2005 when the Labrador Inuit Land Claims Agreement, came into effect. In order to be an elected member of the Nunatsiavut Government a candidate must be a Nunatsiavut beneficiary. Some of its responsibilities include: planning for sustainable economic development, protecting and preserving Inuit culture and providing social programs. The legislative capital is Hopedale and the executive capital is Nain.<sup>2</sup>

There are Inuit Community Governments in the communities of Nain, Hopedale, Makkovik, Postville and Rigolet with councils that overlook municipal affairs. The AngajukKak (chairperson) of each Inuit Community Government also represents their communities in the Nunatsiavut Assembly. In addition, Hopedale has one ordinary member of the Nunatsiavut Government Assembly, and its Inuit Community Government Council consists of seven members.<sup>3</sup>

## **2.3 Labrador Inuit Land Claims Agreement**

The Labrador Inuit Land Claims Agreement (LILCA) is an agreement between the Labrador Inuit Association, the Government of Canada, and the Government of Newfoundland and Labrador and was ratified by representatives of these three parties. This was the first land claims agreement that won the right to self-government in 2005.<sup>4</sup> See Appendix B for highlights of the LILCA, as listed on the Nunatsiavut Government website.

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<sup>2</sup> Nunatsiavut Government "About Nunatsiavut," [http://www.nunatsiavut.com/index.php?option=com\\_content&view=article&id=197&Itemid=209&lang=en](http://www.nunatsiavut.com/index.php?option=com_content&view=article&id=197&Itemid=209&lang=en). Accessed on March 1<sup>st</sup>, 2010.

<sup>3</sup> Ibid.

<sup>4</sup> Nunatsiavut Government, "Labrador Inuit Land Claims Agreement," [http://www.nunatsiavut.com/index.php?option=com\\_content&view=article&id=48&Itemid=66&lang=en](http://www.nunatsiavut.com/index.php?option=com_content&view=article&id=48&Itemid=66&lang=en). Accessed on March 1<sup>st</sup>, 2010.



### 3. Environmental Scan

#### 3.1 Demographics

The current population of Hopedale is 606 (see Table 1). This is a 14% increase from the 2006 census population of 530.<sup>5</sup> 71% of the population is between the ages of 16-64, making up the labour force of the community.

**Table 1: Population of Hopedale, 2009**

AGE	MALE	FEMALE	TOTAL
0-4	14	27	<b>41</b>
5-15 (School-aged)	62	53	<b>115</b>
16-64 (Labour Force)	234	196	<b>430</b>
65+ (Seniors)	8	12	<b>20</b>
<b>TOTAL</b>	<b>318</b>	<b>288</b>	<b>606</b>

Source: Hopedale Inuit Community Government Census, 2009

The life expectancy for residents of Nunatsiavut in 2001 was 65.3 years, compared to the national average of 75.9.<sup>6</sup> For the population of Nunatsiavut aged 15 or older, 39.8% suffer from one or more long term health condition, along with 41.4% of children aged 14 and under. Chronic conditions much be diagnosed by a health profession in order to be treated, yet it is often difficult to access health care services along the North Coast of Labrador.<sup>7</sup>

#### 3.2 Economic

The 2006 personal income per capita (including men, women, and children) in Hopedale was \$13,000 compared to \$22,800 for the province. The after tax personal income per capita was \$8,800 in Hopedale compared to \$14,900 for the province. The self-reliance ratio, which measures a community's dependency on government transfers, for Hopedale in 2006 was 74.1%, meaning that 25.9% of income in the community comes from government transfers.<sup>8</sup>

During 2007, 31.9% of the population of Hopedale received income support assistance at some point compared to 10.5% of the provincial population. In 2007, 34.6% of the population of Hopedale collected employment insurance, compared to the 33.7% of the provincial population.<sup>9</sup>

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<sup>5</sup> Community Accounts, "Hopedale Community Profile," Government of Newfoundland and Labrador. [http://www.communityaccounts.ca/communityaccounts/onlinedata/accountselectionpage.asp?\\_vb7FnYmXulCv0q.Yjp-Fg5upv7iUko66uJR4kGU\\_](http://www.communityaccounts.ca/communityaccounts/onlinedata/accountselectionpage.asp?_vb7FnYmXulCv0q.Yjp-Fg5upv7iUko66uJR4kGU_) accessed on 13 Jan 10

<sup>6</sup> Inuit Tapiriit Kanatami, "Inuit in Canada: A Statistical Profile." 2008 page 4.

<sup>7</sup> Ibid. Page 6

<sup>8</sup> Community Accounts, "Hopedale Community Profile," Government of Newfoundland and Labrador. [http://www.communityaccounts.ca/communityaccounts/onlinedata/accountselectionpage.asp?\\_vb7FnYmXulCv0q.Yjp-Fg5upv7iUko66uJR4kGU\\_](http://www.communityaccounts.ca/communityaccounts/onlinedata/accountselectionpage.asp?_vb7FnYmXulCv0q.Yjp-Fg5upv7iUko66uJR4kGU_) accessed on 13 Jan 10

<sup>9</sup> Community Accounts, "Hopedale Community Profile," Government of Newfoundland and Labrador. [http://www.communityaccounts.ca/communityaccounts/onlinedata/accountselectionpage.asp?\\_vb7FnYmXulCv0q.Yjp-Fg5upv7iUko66uJR4kGU\\_](http://www.communityaccounts.ca/communityaccounts/onlinedata/accountselectionpage.asp?_vb7FnYmXulCv0q.Yjp-Fg5upv7iUko66uJR4kGU_) accessed on 13 Jan 10

In a 2001 survey 28% of Nunatsiavut households reported that they, on occasion, did not have enough to eat, and 7% indicated that they often had insufficient food.<sup>10</sup> As well, it has been indicated that 30% of Nunatsiavut children have gone hungry at some point.<sup>11</sup>

### 3.3 The Cost of Healthy Eating in Hopedale, Labrador

Indian and Northern Affairs Canada (INAC) monitor the cost of healthy eating in isolated northern communities through the use of a standardized Northern Food Basket. In 2007, the Northern Food Basket was updated to reflect food consumption patterns in isolated northern communities. The Revised Northern Food Basket includes a nutritious diet for a family of four for one week and is consistent with the recommended nutrient intake for Canadians. The cost of the Revised Northern Food Basket is based on the average price per item available in each community. The average is of a specific purchase size and all available brands. As part of these efforts, INAC conducts price surveys in more than 75 communities to determine the cost of healthy eating in isolated northern communities.

Table 2 provides a summary of the weekly cost of the Revised Northern Food Basket for a family of four in 2009 among Inuit communities along the North Coast of Labrador and indicates that Hopedale, which has two retail food outlets, has the second highest weekly cost of nutritious food with a total of \$319. *Appendix B: Revised Northern Food Basket Details* provides an outline of what is included in the Revised Northern Food Basket and the cost of food from 2007 to 2009 for Labrador communities. Table 3 highlights the high cost of various staple commodities. The information in this chart was collected the NiKigijavut Hopedalimi Project Coordinator in March 2010.

**Table 2: WEEKLY COST OF THE REVISED NORTHERN FOOD BASKET FOR FAMILY OF FOUR**

Community	Perishables	Non-perishables	Total
Montreal	\$156	\$74	<b>\$230</b>
Happy Valley – Goose Bay	\$177	\$76	<b>\$253</b>
Black Tickle	\$186	\$79	<b>\$265</b>
Rigolet	\$216	\$95	<b>\$311</b>
Makkovik	\$209	\$95	<b>\$304</b>
Postville	\$218	\$92	<b>\$310</b>
<b>Hopedale</b>	<b>\$219</b>	<b>\$100</b>	<b>\$319</b>
Nain	\$228	\$110	<b>\$337</b>

Source: *Indian and Northern Affairs, 2009*

Along with the high cost of food, the community is also faced with low quantity and quality of nutritious foods available. Due to the isolation of the community fresh food travels long distances from the South to make it to the local grocery retailers. Fresh food in the retailers is often limited

<sup>10</sup> L.L. Ladoucuerand F. Fill, Results from the Survey on Food Quality in Six Isolation Communities in Labrador. Ottawa: INAC, March 2001.

<sup>11</sup> Statistics Canada. "Inuit Health, Education and Country Food Harvesting Fact Sheet No. 1," 2006 page 2.

and close or past its best before date. In the 2001 Aboriginal Peoples Survey, 45% of Inuit in Nunatsiavut were dissatisfied with the freshness of food in their local stores.<sup>12</sup>

**Table 3: SAMPLE PRICE LIST**

Item	Cost
1 Ltr Fresh Milk	\$4.79
1 Dozen Eggs	\$4.79
1 Lb. Margarine	\$3.49
Loaf of Bread	\$3.99
1 Ltr Juice (orange or apple)	\$2.19
1 Apple	\$0.79
1 Orange	\$0.69
Bananas	5.39/kg
Potatoes	2.79/kg
Whole Chicken	\$13.00 approx.

### 3.4 Community Food Production & Sharing

Community food production refers to food that is produced locally. This can include, among others, foods that are grown, caught, or gathered within the community. While a few individuals in Hopedale have small vegetable gardens there is little food grown locally. All fresh vegetables, fruits, and dairy products available from local retailers are imported from outside the community. Community food production in Hopedale consists primarily of harvesting wild foods, such as caribou, salmon, char, geese, duck, berries, and others. These wild foods play a significant role in the diets of the community.

In addition to being an important source of nutrition in the community, wild food harvesting is an important part of culture in Hopedale and other communities along the north coast of Labrador. Traditional food is harvested from the land, sea and air with traditional skills and knowledge having a major role in this practice. Language plays an important part of Inuit identity and is integrally linked with traditional food harvesting and preparation techniques. Passing on traditional knowledge to youth is key to cultural preservation and Inuit tradition, including this knowledge and practice around wild foods. Food Sharing also plays an important role in traditional food practices. 8 in 10 Inuit households share food with others in the community.<sup>13</sup> This practice keeps family and community ties strong

#### **Traditional Food Use and Change in Hopedale**

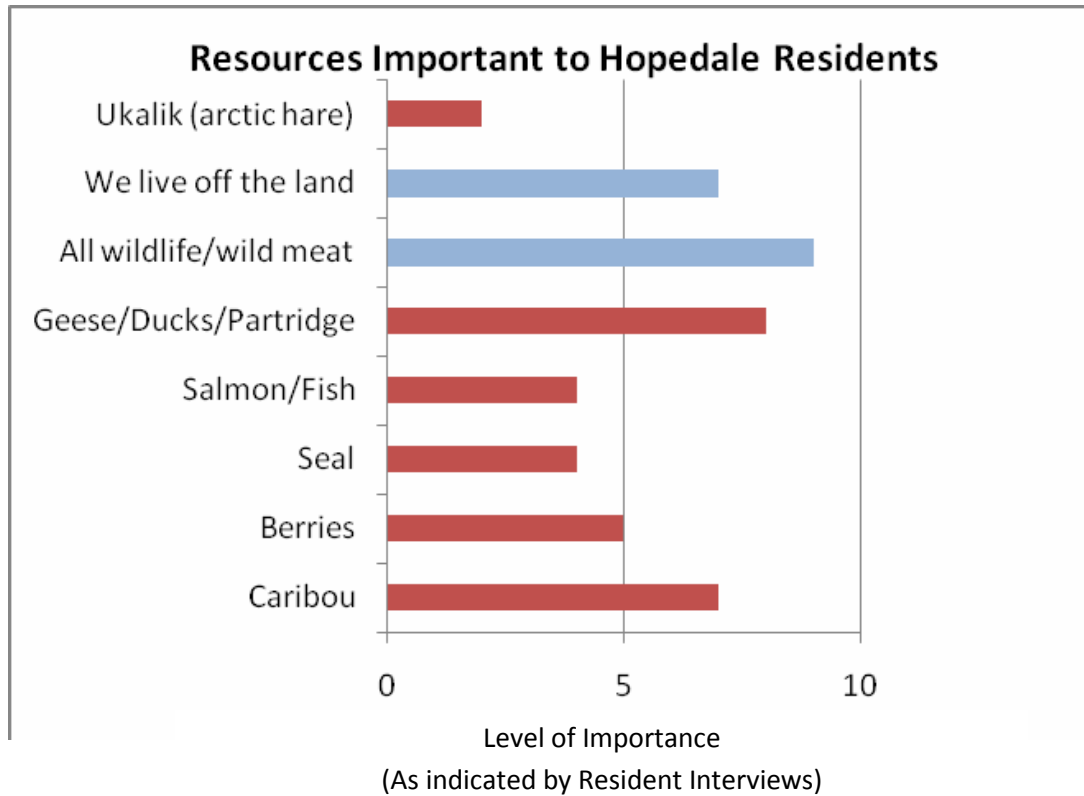
In a 2009 community-based research project that focused on traditional resources and climate change Hopedale residents indicated that harvesting of wild foods was important for reinforcing

<sup>12</sup> Statistics Canada, "Harvesting and Country Food: Fact Sheet." <http://www.statcan.gc.ca/pub/89-627-x/89-627-x2007001-eng.htm>. Accessed on March 1st, 2010.

<sup>13</sup> Inuit Tapiriit Kanatami, "Inuit in Canada: A Statistical Profile." 2008 page 9.

Inuit culture and tradition in Hopedale. Some residents indicated that caribou, duck, char, and ptarmigan are consumed regularly.<sup>14</sup> (See Figure 2).

**Figure 2: Resources Important to Hopedale Residents**



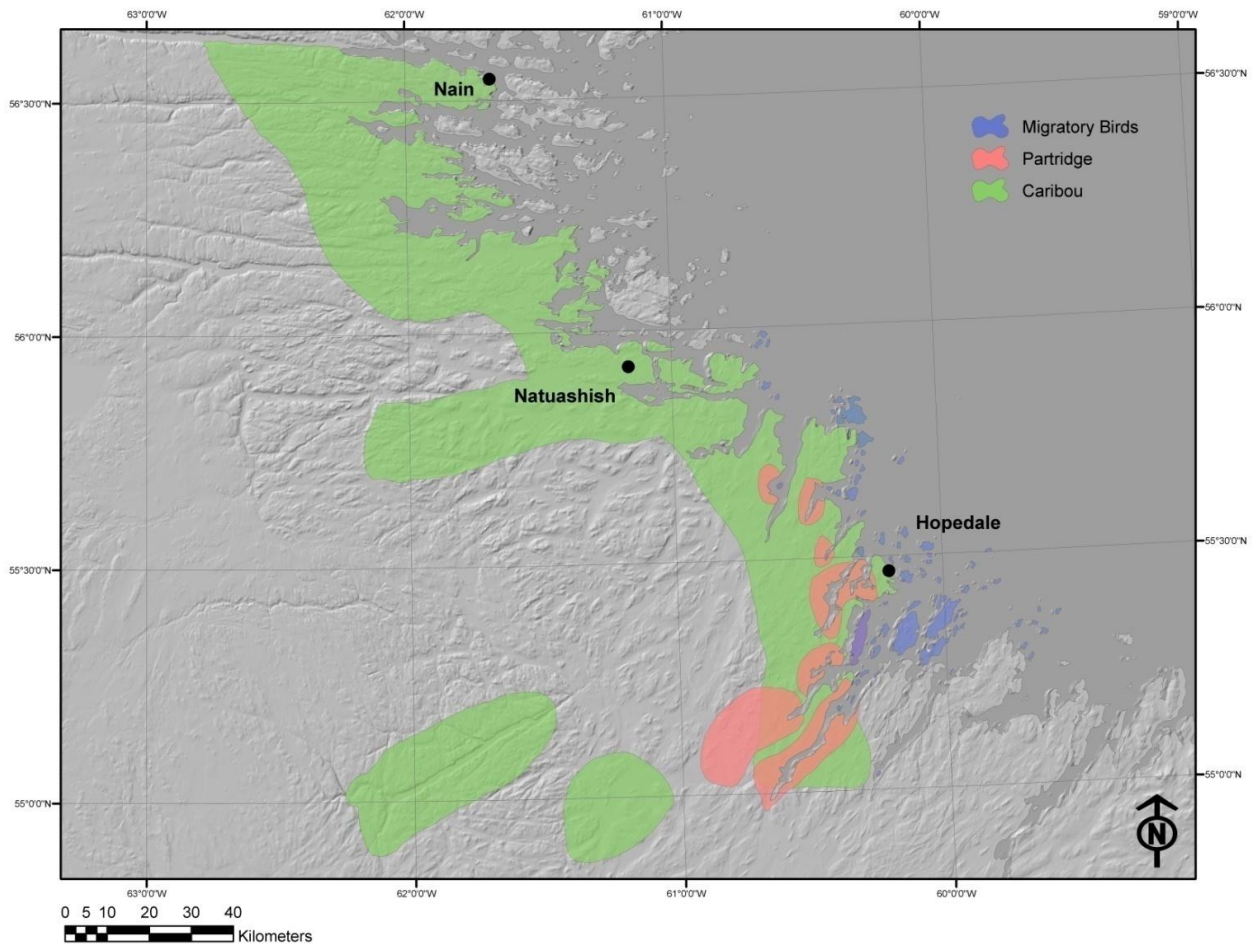
Source: Laura Fleming, 'The Role of Governance, Institutions & Labrador Inuit Knowledge in Adapting to Climate Change in Hopedale, Nunatsiavut' May 2009

In this study, residents of Hopedale indicated observed changes in sea ice conditions such as later freeze up and earlier break up, as well as decreased snow fall and earlier snow melt over the past 10 years. Stronger and longer duration of wind has also been experienced and is influencing ice break up and the ability of residents to travel safely by boat. These changes have been found to directly and indirectly influence the behaviour of certain marine and terrestrial wildlife such as polar bears, seals, caribou, migratory birds and fish. Also, as most wild food harvesting depends on travel outside of the community, these observed climate changes directly impact community hunter's ability to harvest many wild species.<sup>15</sup> Figure 3 illustrates the areas where a sample of species is harvested requiring hunters to travel.

<sup>14</sup> Laura Fleming, "The Role of Governance, Institutions & Labrador Inuit Knowledge in Adapting to Climate Change in Hopedale, Nunatsiavut," University of Guelph, May 2009.

<sup>15</sup> Laura Fleming, "The Role of Governance, Institutions & Labrador Inuit Knowledge in Adapting to Climate Change in Hopedale, Nunatsiavut," University of Guelph, May 2009.

**Figure 3: Hopedale Harvesting Areas (Migratory Birds, Partridges/Ptarmigan, Caribou)**



Source: Laura Tozer, Jeremy Pittman, & Adam Bonnycastle, University of Guelph, Department of Geography, 2009

### **Wild Food Harvesting Study**

In 2006 the Nunatsiavut Government, partnered with researchers from Memorial University and the University of Saskatchewan to document the non-commercial use of wild foods by Inuit residents in communities along the North Coast of Labrador.

The overall objective was to design a survey to provide information about subsistence hunting, fishing, and gathering in the Nunatsiavut settlement region, as well as conduct household surveys that would:

- Document Household demographic information
- Record Household involvement in the use, harvest, and sharing of fish and wildlife over a 1-year period (2006-2007)
- Determine the edible food weight and dollar equivalents for the amount of wild foods harvested over a 1-year period

- Estimate the time allocation that households devote to harvesting wild foods
- Identify trends in wildlife populations based on local knowledge

The survey was designed to gather information on the harvest, use, and distribution of wild foods by Nunatsiavut households. Community researchers, including Susan Nochasak and Darren Winters in Hopedale, administered surveys through face-to-face interviews with community resident's. The surveys addressed subsistence uses of Atlantic salmon, char, caribou, water fowl, and eggs. In total 114 out of 135 Hopedale households were surveyed, an 84% coverage of the community. Table 3 shows the reported harvest in the community of Hopedale for a variety of species.

**Table 4: Species Harvested in Hopedale, 2007**

SPECIES	REPORTED HARVEST	PROJECTED HARVEST
<b>Geese</b>	<b>184</b>	<b>214</b>
<b>Bk Duck</b>	<b>199</b>	<b>231</b>
<b>Eider</b>	<b>780</b>	<b>907</b>
<b>S Scoter</b>	<b>188</b>	<b>219</b>
<b>Bk Scoter</b>	<b>90</b>	<b>105</b>
<b>WW Scoter</b>	<b>27</b>	<b>31</b>
<b>Eider Egg</b>	<b>107</b>	<b>124</b>
<b>Gull Egg</b>	<b>190</b>	<b>221</b>
<b>Tern Egg</b>	<b>4</b>	<b>5</b>
<b>Guillemot Egg</b>	<b>72</b>	<b>84</b>
<b>Salmon</b>	<b>197</b>	<b>229</b>
<b>Char</b>	<b>3651</b>	<b>4246</b>
<b>Caribou</b>	<b>205</b>	<b>238</b>

Source: Natcher, D. And L. Felt 2009. Nunatsiavut Harvest Study

### 3.5 Transporting Food to Hopedale

Because Hopedale is isolated, with no road linkages to other communities or major wholesalers, all food shipped into the community is transported by plane or boat. These modes of transportation cost more and take more time, leading to higher costs of food, decreased food nutritional value, and increased food spoilage. To offset the high cost of fresh foods, two subsidy programs have been implemented for the communities along the North Coast of Labrador. These are, the federal Food Mail Program, and the provincial Air Foodlift Subsidy Program.

#### **Federal Food Mail Program**

The Food Mail Program is offered through a partnership between Indian and Northern Affairs Canada (INAC), Canada Post, and Health Canada. INAC manages the program and provides funding to Canada Post to cover part of the cost of transportation for eligible items (See *Appendix C: Food Mail Program Eligible Items*). Through this program, nutritious, perishable food and other essential items are shipped by air to isolated northern communities that are not

accessible year round by road, rail, or marine service. The purpose of this program is to allow retailers to offer fresh, healthy food at lower prices to isolated northern communities.

The Food Mail Program is available to anyone in isolated communities, including retailers and individuals, providing that their suppliers from the south have a Food Mail account with Canada Post. The food for this program is shipped from a variety of destinations through designated entry points where Canada Post accepts the items. Food Mail parcels are then delivered by Canada Post to the designated communities, where the recipients must pick up their orders at the airport. For the isolated communities along the North Coast of Labrador, including Hopedale, food is shipped through Happy Valley-Goose Bay from Montreal.

The Food Mail Program is used primarily during the winter and spring on the Labrador Coast due to the regular marine service available to these communities in the summer and fall. Some highly perishable items are shipped to communities along the North Coast of Labrador year round through the Food Mail Program due to the length of travel and limited refrigeration capacity with marine service.<sup>16</sup>

### **Provincial Air Foodlift Subsidy (AFS)**

The Air Foodlift Subsidy Program was established by the Province of Newfoundland and Labrador in 1997 to ensure that nutritious, perishable items such as fruit, vegetables and dairy products are available to communities along the North Coast of Labrador. The Air Foodlift Subsidy Program offers a subsidy to retailers to offset the high cost of flying in select food items (See Appendix D: *Air Foodlift Subsidy Program Eligible Items*) into these communities so that retailers can pass these savings on to consumers. This program subsidizes the cost of flying in perishable food items only and does not include any non-perishable items. The Air Foodlift Subsidy Program is a voluntary program offered to any retailers along the coast of Labrador and is currently administered by the Department of Labrador and Aboriginal Affairs.

The Air Foodlift Subsidy Program operates year-round in three different forms according to the air and marine shipping seasons:

#### **1. The Standard Air Foodlift Subsidy Program**

Operates during the winter months, beginning five days after the Marine Atlantic Ferry Services stop operation to the coastal communities and air freight rates are at their highest.

#### **2. Air Freight Subsidy During the Marine Service Season**

Coexists with the Marine Atlantic Ferry Service season for eligible communities (Rigolet, Makkovik, Postville, Hopedale, Natuashish, Nain, Williams Harbour, Norman Bay, and Black Tickle)

#### **3. Air Freight Subsidy on Fresh Milk**

Provides a subsidy on fresh milk and runs year-round.<sup>17</sup>

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<sup>16</sup> Indian and Northern Affairs Canada, Food Cost, Accessed on 26 Jan 10, <http://www.ainc-inac.gc.ca/nth/fon/fc/index-eng.asp>

<sup>17</sup> Department of Labrador and Aboriginal Affairs, Air Foodlift Subsidy FAQ, Accessed on 26 Jan 10, [http://www.laa.gov.nl.ca/laa/faq/afs\\_faq.html#1](http://www.laa.gov.nl.ca/laa/faq/afs_faq.html#1)

## 4. Community Food Security Asset Analysis & Priority Setting

### 4.1 Community Asset Analysis

During the first Community Steering Committee meeting a brainstorming session was held to create an inventory of all the past and present community food security related programs, projects, organizations, and businesses in Hopedale. This inventory was used as the basis of a community food security analysis in Hopedale and includes: a community freezer program, teen youth support program, meal programs, community fairs, retailers, and pre-natal program among others. See *Appendix E: Hopedale Food Asset Inventory* for the full inventory list.

The Community Steering Committee also identified key participants and approaches to gather input from the community to inform the NiKigijavut Hopedalimi Project. The committee felt that surveys were not an effective method of gathering information from the community as Hopedale is over surveyed and the results are not often presented back. Four alternative methods were used to engage the community in the asset and gap analysis and priority setting process: group consultations, informal discussions, one-on-one interviews, and local radio. Through this approach, a wide range of participants were included in the dialogue.

These methods engaged participants in a review of the inventory to identify any programs that were missing on the list, as well as ways that current programs could be expanded. Beyond this, participants also discussed what other programs outside of the inventory could benefit the community which initiated priority setting.

### 4.2 Community Priority Setting

Group consultations were held with community food program coordinator and organizers, Nunatsiavut Government representatives, and the Hopedale Inuit Community Government. Two informal discussions were held with elders from the community in conjunction with the Seniors Meal Program sponsored by the Nunatsiavut Government Department of Health and Social Development. As a way to reach a larger portion of the community, one on one interviews were held with hunters, people living in low income, working class, elders, and a local retailer.

The local radio station was used to engage the community further in the discussion and promote the project. Two call-in shows were hosted throughout the project, the first was to determine a project name, and the second was to allow members of the community to identify their community food security priorities.

At the end of each consultation, participants were asked to identify their top three community food security priorities in Hopedale. Throughout the priority setting process, the following key themes arose:

- **Employment** – participants consistently spoke about the importance of hiring people from within the community to manage, coordinate, or facilitate these programs. This would increase capacity within the community and decrease dependence on EI and income support programs.



- **Passing of Traditional Knowledge and Language** – the importance of engaging both youth and elders in these programs was also a common theme. Elders have a vast amount of knowledge around food from harvesting, preparing and preserving that needs to be passed on to the youth. This is an important component to be included in any of these programs.
- **Funding** – Participants consistently recognized that in order for any of the suggested programs to become a reality sustainable funding would be required to hire staff to manage project and to purchase materials and cover any overhead expenses.

The following summarizes the identified priorities from the community consultations:

### **Community Freezer Program Expansion – 26 points**

Currently in Hopedale there is a community freezer program that was piloted by the Hopedale Inuit Community Government (HICG) in 2009. The program funded local hunters to harvest caribou to be stored in a freezer at the HICG building and offered to seniors and low-income families in Hopedale. Eligible participants received fresh caribou immediately following the hunt, and could collect one piece of frozen meat per month afterwards while supplies last.

At every community consultation participants expressed interest in having the Community Freezer Program expanded so that more traditional wild foods could be available to the community. Increased storage space, increased selection of traditional wild foods available, to include seal, kanajuk (sculpine), uviluk (mussels), rock cods, ugatsuk, ammumajuk (clams), and any dried meat or fish, and expanded eligibility were identified as key points participants would like to see developed as part of this program. It was also suggested that it would be beneficial to include either a delivery or transportation service for people with limited mobility that participate in the community freezer program. One participant indicated the importance of having a back-up generator for the community freezer in case of the power going out.

During these consultations, it was suggested that the NiKigijavut Hopedalimi project steering committee should meet with HICG to discuss the Community Freezer Program, specifically regarding:

1. **Freezer Space** – It was suggested that expanding to either two-three additional deep freezers or a walk-in freezer would be important.
2. **Variety** – HICG could expand the variety of traditional foods available.
3. **Food Fishery** – HICG, in partnership with NG, could acquire a food fishery license to provide additional traditional foods to the freezer.
4. **Promotion** – Increased advertising of the program needs to be done in order for the community to become aware of it, and to encourage harvesters to donate food to the community freezer.
5. **Eligibility** – eligibility of the program should be open to all members of the community, including but not only seniors and families living in low income.

### **Community Gardening – 25 points**

Community consultation participants continually addressed community gardening and the role that it could play in providing fresh, high quality, low cost vegetables, as well as gardening and healthy eating education to members of the community.

Currently in Hopedale there are a few individuals that have small gardens for a few key crops. Participants were keen to begin gardening, and have already begun brainstorming ways to overcome any challenges to starting a community garden – such as hiring a Newfoundland and Labrador Conservation Corps Green Team of community youth to engage youth in the work.

Participants consistently indicated the importance of having hired people to manage a garden and greenhouse as it would be a lot of work to start and maintain. This would be a way to increase employment in the community, ensure proper management of the garden and greenhouse, and increase capacity. Some of the challenges and possible ways to overcome them that were identified by participants include:

- **Limited Education** – Because gardening is not a common practice in Hopedale people would need to learn how to garden. Holding a series of information sessions and workshops on gardening, composting and greenhouses was suggested.
- **Short Growing Season** – The growing season in Hopedale is short. Ways of extending the growing season would be needed (such as row cover and greenhouses), as well as education about these techniques.
- **Land Availability and Soil Quality** – Land availability is limited, and getting land for anything can be a challenge. It was also noted that the soil in Hopedale is primarily sand and that in order to garden soil would either need to be brought in from in-land, or the garden would need to be located outside of Hopedale.
- **Youth Engagement** – many participants felt that without proper engagement, youth may damage the garden, as one participant indicated that “kids will uivisak”. Participants thought that this could be overcome by engaging the youth in the garden to develop a sense of ownership and respect for the space.

Through the community consultations and steering committee meetings, it became clear that a traditional community garden model may not be feasible in Hopedale until there is increased knowledge and confidence around gardening in the community. Participants felt that it would be more realistic to provide the supports required to encourage people in the community to start gardening on their own, with the long term goal of having a community garden space once people feel more confident and have the experience to support such a model.

### **Quality, Quantity, and Cost of Fresh Produce – 25 points**

Participants also consistently spoke about the high cost, limited selection, and limited supply of nutritious foods available in Hopedale. Participants thought that retailers might be able to carry more fresh vegetables, allowing residents to have access to more healthy fresh foods, as it was noted that when retailers get a shipment of fresh vegetables they are sold out very quickly. The

high cost of fresh produce was consistently indicated as being a serious challenge for people living with low income.

Participants suggested that the NiKigijavut Hopedalimi Project research the Food Mail program to determine how the community can benefit from this program without having to go through a retailer. It was identified that in order to use this program, a business number is required by the wholesaler for shipment.

One participant indicated the high cost of fresh milk and need for a program that would allow for the whole community to access cheaper milk.

### **Community Hunts - 17 points**

Participants also discussed the possibility of organizing community hunts that could help stock the community freezer, and could help increase education and knowledge of traditional skills and language that are used during harvesting. There is a strong tradition in Hopedale of hunting in groups and sharing the harvest with the community, although it was indicated that there is not as much sharing as there used to be. Community Hunts could be a program that could help preserve this tradition.

It was indicated that this could be another opportunity to create some employment in the community. Elders stressed the importance of traditional foods in their diets yet the inability for them to go out hunting. The working community also indicated that they are not always able to hunt because of their work schedule and other commitments, and people living with low income would not necessarily have the resources to go hunting. It was suggested that people should be hired to go hunting for those that cannot hunt either due to physical, economic, time constraints, or other reasons.

Some challenges and opportunities that were identified for this type of program include:

- **Expense** – Hunting is very expensive, due to the cost of transportation, gas, ammunition, and equipment. In order for hunters to be able to harvest the wild foods and share them the community, these costs would need to be supported.
- **Weather** – Weather plays an integral role in the livelihood of the community. All harvesting activities from wild meat, to fish, to berries as well as wood is dependent on weather. Climate change is a growing challenge for hunters – the late freeze-ups and early break-ups of ice greatly impacts hunting practices and traditions.
- **Traditional Knowledge** – It was stressed that for any community hunt, an elder should be present to pass on knowledge, language, and tradition, and that youth should be engaged to learn these skills.
- **Infrastructure** – It was mentioned that roads and infrastructure could be built to assist with hunting and travelling to access wild foods.

### **Youth Support Program – 7 points**

Several participants also spoke about the potential of expanding the current Youth Support Program that is set up for youth to gather and spend time together. The program offers some outings for the youth and has great potential for expansion to include other initiatives.

Nunatsiavut Government representatives recommended that a pilot project could be developed that would be similar to a community hunt, yet would focus on preserving traditional knowledge, skills and language to youth through organized hunting outings with qualified supervisors, with an emphasis on including elders. It was identified that youth are becoming shy and ashamed that they no longer know about how to hunt or dress wild meat, where to find berries, mussels, etc.

It was recognized that considerable time and money would be needed to organize a program like this, including getting parental consent, transportation costs, management costs, etc. The importance of having a large ratio of hunters and elders to students was also stressed for safety reasons.

### **Education and Awareness – 4 points**

Participants also spoke about the need for food education in many areas ranging from food budgeting to traditional knowledge to healthy eating awareness. Education and awareness needs to be incorporated through any project or program implemented.

Some suggestions about education and awareness include:

- The importance of elders passing on traditional knowledge to youth;
- Healthy food preparation;
- New ways to cook with traditional foods;
- Food costing and budgeting; and
- Awareness of programs and projects that exist.

### **Community Co-op – 2 points**

Some participants identified the potential for a community co-op store that would provide a venue to purchase traditional foods as well as lower cost healthy food options. The concept of a community cooperative is one that has been discussed often within the community, the main themes around the cooperative include:

- Community would like to have input in how the store is run;
- Community would like to see more fresh, healthy food options and have a say in what is ordered; and
- Community would like to be able to sell their traditional crafts and other products through the retail outlet.

The committee identified the need for more research to be completed around the cooperative model and for a community meeting to be held to discuss the opportunity of a cooperative and determine if there is adequate community support.

### **Funding – 2 points**

The need for funding for the programs was a constant concern of participants. It was often asked “who will take the lead?” for these projects and how will they be funded. Participants felt that in order for this work to be completed staff would need to be hired to manage the programs, along with the help of volunteers. Participants also identified the high rate of ‘volunteer burn out’ that happens in the community when people are expected to volunteer, as the same people tend to volunteer for many different programs.

Participants recognized the incredible amount of work that has been achieved in a short time by the NiKigijavut Hopedalimi Project Coordinator and Assistant and believed that if this work is going to continue, these positions would need to be permanent and not project-based.

Some suggested funding sources included:

#### Regional Funding Sources

- Torngasok Cultural Centre,
- Kamtsiatet Committee,
- Nunatsiavut Government,
- Hopedale Inuit Community Government,
- Tasiujatsoak Trust

#### Provincial Funding Sources

- Department of Health and Community Services
  - Healthy Aging Division: Age Friendly Newfoundland and Labrador (up to \$10,000)
  - Health Promotion and Wellness Grants (up to \$50,000)
  - Labrador Wellness Coalition: Community Grants (up to \$1,000)
- Department of Tourism, Culture, and Recreation
  - Seniors Community Recreation Grants
  - Community Recreation Development Grants
  - Aboriginal Cultural Heritage Program
- Department of Human Resources, Labour, and Employment
- Department of Labrador and Aboriginal Affairs
- Department of Natural Resources
- Department of Education
- Conservation Corps of Newfoundland and Labrador (Green Team program)

#### Federal Funding Sources

- First Nations and Inuit Health Branch,
- Public Health Agency of Canada,

- Indian and Northern Affairs Canada,
- Inuit Tapiriit Kanatami
- National Youth Council
- Species at Risk Public Registry
  - Aboriginal Capacity Building Fund
  - Aboriginal Critical Habitat Protection Fund
- Environment Canada
  - EcoAction Community Funding Program
- Department of Fisheries and Oceans
- Atlantic Canada Opportunities Agency

## 5. Community Action Plan

Following the community priority setting, the steering committee and project team met to discuss and develop an action plan that identified key inputs and activities required to achieve the priorities. A community meeting was held to present the priorities back the community, and receive input in the action planning. For this meeting, the project team brought in a guest speaker from Nain to host a workshop on how to start and maintain a small garden and greenhouse on the North coast of Labrador as a way to stimulate interest in the community. 29 participants attended the workshop and were keen to learn more about gardening and the project. At this meeting, participants discussed gardening techniques, successful crops, the community freezer program, and community hunts.

The Community Action Plan combines all the information collected during the community priority setting, the steering committee action planning meeting, and the community meeting and workshop into a concrete plan of action to achieve the community's priorities. As some of the priorities are closely connected, the action plan is presented by four goals that address the identified priorities. These are:

1. Increased Access to Traditional Foods;
2. Increased Access to Fresh Produce;
3. Increased Understanding and Use of Tradition Knowledge, Skills, and Language;
4. Increased Food Education and Awareness.

The following chart outlines the priorities addressed by these goals, the inputs and the key activities required to achieve these goals and the outputs and outcomes that will follow from the identified activities. The activities are listed in the order that they are planned to occur. The outcomes are presented by Short Term (5-6 months), Intermediate (6-12 months), and Long Term (1-2 years +) expected outcomes.

<b>Goal #1: Increased Access to Traditional Foods</b>				
<b>Priorities Addressed</b>	<b>Inputs</b>	<b>Key Activities</b>	<b>Output</b>	<b>Outcomes</b>
<p><u>Priority #1:</u> Expansion of Community Freezer Program</p> <p><u>Priority #2:</u> Development of Sustainable Community Hunt</p>	<p>Local Hunters</p> <p>Elders</p> <p>NiKigijavut</p> <p>Hopedalimi Project Steering Committee</p> <p>Food Security</p>	<p>Research and gather Best Practices from other Northern Regions for:</p> <ul style="list-style-type: none"> <li>• Hunter Trapper Organizations;</li> <li>• Community Freezer Programs;</li> <li>• Hunter Support Programs;</li> <li>• Community Hunt Programs;</li> <li>• Food Storage and Preservation Safety</li> <li>• Family Freezer Purchase Plans</li> </ul>	<p>Summary of Best Practices from other Northern Regions presented in summary document.</p>	<p><u>Short Term:</u></p> <ul style="list-style-type: none"> <li>• Increased participation of Nunatsiavut Government in development of Community Hunters Program</li> <li>• Hopedale Inuit Community</li> </ul>

<p>Program</p>	<p>Network NL (FSN)</p> <p>Hopedale Inuit Community Government (HICG)</p> <p>Nunatsiavut Government (NG)</p> <p>Local and OKalagatiget Radio &amp; Promotion</p> <p>Space &amp; Equipment</p> <p>Funding</p>	<p>Hold public meeting for local hunters to discuss potential of a Hopedale Hunters Organization and expansion of Community Freezer Program (share best practices research)</p> <p>Meet with NG representatives to speak about potential of a Hopedale Harvesters Organization (Share Best Practices Research)</p> <p>Meet with HICG to discuss:</p> <ul style="list-style-type: none"> <li>• expanding community freezer program,</li> <li>• connecting community freezer with Harvesters Organization,</li> <li>• supplying space for Community Hunt &amp; Freezer facility (potentially old Fire Hall)</li> </ul> <p>Develop proposals for Community Freezer and Harvesters Organization Programs, request funding for:</p> <ul style="list-style-type: none"> <li>• Tools and equipment (including hunting supplies, meat saw, meat grinder, vacuum sealer, etc.)</li> <li>• Hunters</li> <li>• Other needs identified in meetings with Hunters, NG and HICG</li> </ul> <p>Use local and OKalagatiget Radio, posters, Facebook to promote these discussions and the new and/or expanded programs</p>	<p>Input of hunters' perspective of potential new and expanded programs recorded.</p> <p>Partnership development with NG and potential program discussion commenced.</p> <p>Partnership development with HICG and program expansion discussion commenced</p> <p>Funding secured for identified programs</p> <p>Increased media attention to programs</p>	<p>Government leading the expansion of community freezer program</p> <ul style="list-style-type: none"> <li>• Increased hunter engagement in program design and development</li> </ul> <p><u>Intermediate:</u></p> <ul style="list-style-type: none"> <li>• New and expanded programs implemented: <ul style="list-style-type: none"> <li>○ Better management of programs, including more consistent hunts and hunter payment</li> <li>○ Increased Freezer storage space</li> <li>○ Tools and equipment available for hunt and food dressing and preservation</li> <li>○ Increased variety of traditional foods available in freezer</li> <li>○ Increased promotion of programs</li> </ul> </li> </ul> <p><u>Long Term:</u></p> <ul style="list-style-type: none"> <li>• Increased participation in new and expanded programs</li> </ul>
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**Goal #2a: Increased Access to Fresh Produce – Community Gardening**

Priorities Addressed	Inputs	Key Activities	Output	Outcomes
<p>Priority #1: Community Gardening</p>	<p>Community Champions</p> <p>NiKigijavut Hopedalimi Project Steering Committee</p> <p>Food Security Network NL</p> <p>Hopedale Inuit Community Government (HICG)</p> <p>NG Department of Health and Social Development</p> <p>NG Department of Land and Natural Resources</p> <p>Local and OKalagatiget Radio &amp; Promotion</p> <p>Conservation Corps Green Team and/or Summer Students</p> <p>Funding</p>	<p>Meet with HICG to determine what is required to start gardens/greenhouses in Hopedale (ie. Are there any permits required?)</p> <p>Meet with HICG and NG Dept. of Health and Social Development to determine which organization will be the project lead</p> <p>Hold a community meeting to identify community champions and discuss what supports are required to get people gardening.</p> <p>Research requirements and cost of developing "Get Started Gardening" toolkits</p> <p>Fundraise locally and submit applications for funding to initiate Gardening Program in the community</p> <p>Recruit Green Team or summer students to support gardens, including building garden kits, collecting soil, etc.</p> <p>Host a series of educational gardening workshops on topics identified by community (composting, building raised beds and cold frames, etc.),</p> <p>Use local and OKalagatiget Radio, posters, Facebook to promote these discussions and the new program</p>	<p>Regulations of establishing a garden in Hopedale determined and documented.</p> <p>Lead organization identified for gardening program.</p> <p>Community champions identified, community identification of required supports recorded.</p> <p>Design and cost of Garden Kits Developed.</p> <p>Funding secured for gardening program</p> <p>Green Team or Summer Students established</p> <p>Community engaged in educational sessions about gardening</p> <p>Increased media attention to gardening program</p>	<p><u>Short Term:</u></p> <ul style="list-style-type: none"> <li>Increased participation of HICG and Department of Health and Social Development in Garden Program development</li> <li>Increased community engagement in program design and development</li> </ul> <p><u>Intermediate:</u></p> <ul style="list-style-type: none"> <li>New Gardening Kits developed and distributed through community</li> <li>Increased promotion of Gardening Program</li> </ul> <p><u>Long Term:</u></p> <ul style="list-style-type: none"> <li>Increased number of people gardening in Hopedale</li> <li>Increased gardening knowledge in Community</li> </ul> <p><u>Future Goals:</u></p> <ul style="list-style-type: none"> <li>Community Garden established to nurture education and awareness around growing and consuming fresh fruit and vegetables</li> </ul>

**Goal #2b: Increased Access to Fresh Produce – Bulk Buying & Community Coops**

Priorities Addressed	Inputs	Key Activities	Output	Outcomes
<p>Priority #1: Quality, Quantity, and Cost of Fresh Produce</p> <p>Priority #2: Community Cooperative</p>	<p>NiKigijavut Hopedalimi Project Steering Committee</p> <p>Food Security Network NL</p> <p>NG Department of Health and Social Development</p> <p>NL Department of Health and Community Services</p> <p>Poverty Reduction Strategy</p> <p>NL Department of Labrador and Aboriginal Affairs</p> <p>NL Department of Innovation, Trade &amp; Rural Development</p> <p>Local Retailers &amp; Wholesalers</p> <p>Food Mail Program</p> <p>Air Foodlift Subsidy</p> <p>Local and OKalagatiget Radio &amp; Promotion</p>	<p>Research and gather Best Practices from other Northern Regions for:</p> <ul style="list-style-type: none"> <li>• Community Co-operatives;</li> <li>• Bulk Buying Clubs;</li> <li>• Food Mail;</li> <li>• Air Foodlift Subsidy</li> </ul> <p>Connect with Wholesaler to discuss potential of and requirements for bulk buying</p> <p>Meet with key stakeholders to discuss issue of high cost and low quality of food in community, including:</p> <ul style="list-style-type: none"> <li>• NG Dept. of Health</li> <li>• NL Dept. of Health (including Labrador-Grenfell Health)</li> <li>• Poverty Reduction Strategy</li> <li>• NL Dept. of Labrador and Aboriginal Affairs</li> <li>• NL Dept. of Innovation, Trade, &amp; Rural Development</li> </ul> <p>Meet with local retailers to discuss potential of hosting a bulk buying program.</p> <p>Host Community Meeting to present findings from research and discuss potential of Bulk Buying Club and/or Community Coop in Hopedale</p> <p>Use local and OKalagatiget Radio, posters, Facebook to promote these discussions and potential programs</p>	<p>Summary of Best Practices from other Northern Regions presented in summary document.</p> <p>Potential programs discussed and requirements recorded.</p> <p>Issues raised and discussed with regional health authorities.</p> <p>Partnership development with local retailers and potential for programs discussed</p> <p>Input of community perspective of potential new programs recorded.</p> <p>Increased media attention to gardening program</p>	<p><u>Short Term:</u></p> <ul style="list-style-type: none"> <li>• Increased awareness of low quality, quantity, and high cost of fresh produce with Regional Health Authority</li> <li>• Increased participation of wholesalers and retailers in program design and development</li> <li>• Increased engagement of community in program design and development</li> </ul> <p><u>Intermediate:</u></p> <ul style="list-style-type: none"> <li>• New programs developed and implemented</li> <li>• Increased promotion of new programs</li> </ul> <p><u>Long Term:</u></p> <ul style="list-style-type: none"> <li>• Increased participation in new programs</li> </ul>

**Goal #3: Increased Youth Understanding and Use of Traditional Knowledge, Skills, and Language**

Priorities Addressed	Inputs	Key Activities	Output	Outcomes
<p>Priority #1: Youth Support Program</p>	<p>Local Hunters</p> <p>Youth</p> <p>Elders</p> <p>NiKigijavut Hopedalimi Project Steering Committee</p> <p>Nunatsiavut Government (NG)</p> <p>NG Department of Health and Social Development</p> <p>Hopedale Inuit Community Government</p> <p>School</p> <p>Tools and Equipment</p> <p>Local and OKalagatiget Radio &amp; Promotion</p> <p>Heritage Foundation</p> <p>Funding</p>	<p>Research and gather Best Practices from other Northern Regions for:</p> <ul style="list-style-type: none"> <li>• Youth Wild Food Harvesting programs;</li> <li>• Traditional Knowledge programs in schools;</li> <li>• Traditional Food Preparation and Preservation programs for Youth ;</li> <li>• Other related programs for fostering traditional knowledge with youth.</li> </ul> <p>Meet with Youth and Elders to discuss what areas that youth would like to gain more experience in, which current programs are effective, and how they can be more involved.</p> <p>Host meeting with NG, HICG, Dept of Health, and School to discuss current programs that exist and how they can be expanded and better organized.</p> <p>Submit applications for funding to cover:</p> <ul style="list-style-type: none"> <li>• Salaries for harvest supervisors</li> <li>• Travel expenses</li> <li>• Equipment and tools</li> </ul> <p>Use local and OKalagatiget Radio, Facebook, Posters, School, and other local promotion to increase awareness of youth programs.</p>	<p>Summary of Best Practices from other Northern Regions presented in summary document.</p> <p>Input of Youth and Elders' perspectives for potential new and expanded youth programs recorded.</p> <p>Potential new and expanded programs discussed and partnerships built with organizations already hosting youth programs,</p> <p>Funding received</p> <p>Increased media attention</p>	<p><u>Short Term:</u></p> <ul style="list-style-type: none"> <li>• Increased participation of NG, Department of Health and Social Development, and the School in development of youth support programs</li> <li>• Increased engagement of Youth and Elders in program design and development</li> </ul> <p><u>Intermediate:</u></p> <ul style="list-style-type: none"> <li>• New and expanded programs implemented:               <ul style="list-style-type: none"> <li>○ Tools and Equipment available for program</li> <li>○ Organized program of Youth/Elder outings</li> </ul> </li> <li>• Increased promotion of new and expanded program</li> </ul> <p><u>Long Term:</u></p> <ul style="list-style-type: none"> <li>• Increased participation in programs</li> <li>• Youth and Elders participating in programs together</li> <li>• Increased knowledge of traditional practices in youth</li> </ul>

**Goal #4: Increased Food Education and Awareness**

Priorities Addressed	Inputs	Key Activities	Output	Outcomes
<p>Priority #1: Education and Awareness</p>	<p>NiKigijavut Hopedalimi Project Steering Committee</p> <p>NG Department of Health and Social Development</p> <p>School</p> <p>Hopedale Inuit Community Government</p> <p>Local and OKalagatiget Radio &amp; Promotion</p> <p>Funding</p>	<p>Meet with Department of Health and Social Development to discuss current food education programs and potentials for expansion, including:</p> <ul style="list-style-type: none"> <li>• Cooking</li> <li>• Traditional Food Preparation</li> <li>• Food Preservation</li> <li>• Youth Cooking Programs</li> <li>• Healthy Food Education</li> </ul> <p>Use local and OKalagatiget Radio, posters, Facebook to promote these discussions and potential programs</p>	<p>Partnerships built with Dept. of Health and brainstorm of potential program expansions held.</p> <p>Increased media attention for programs</p>	<p><u>Short Term:</u></p> <ul style="list-style-type: none"> <li>• Department of Health and Social Development increasing Food education programs</li> <li>• Increase awareness of programs in community</li> </ul> <p><u>Long Term:</u></p> <ul style="list-style-type: none"> <li>• Program Expansions Implemented</li> <li>• Increased participation in programs</li> </ul>

## 6. Community Evaluation Plan

The Community Evaluation Plan outlines indicators to success that can measure the outcomes following action plan. The evaluation chart uses the same goals and outcomes from the previous community action plan chart to outline the indicators and evaluation methods for rating the success of outcomes following the action plan.

<b>Goal #1: Increased Access to Traditional Foods</b>		
<b>Outcomes</b>	<b>Key Indicators</b>	<b>Evaluation Methods</b>
<p><u>Short Term:</u></p> <ul style="list-style-type: none"> <li>• Increased participation of Nunatsiavut Government in development of Community Hunters Program</li> <li>• Hopedale Inuit Community Government engaged in the expansion of community freezer program</li> <li>• Increased hunter engagement in program design and development</li> </ul> <p><u>Intermediate Term:</u></p> <ul style="list-style-type: none"> <li>• New and expanded programs implemented:               <ul style="list-style-type: none"> <li>○ Better management of programs, including more consistent hunts and hunter payment</li> <li>○ Increased Freezer storage space</li> <li>○ Tools and equipment available for hunt and food dressing and preservation</li> <li>○ Increased variety of traditional foods available in freezer</li> <li>○ Increased promotion of programs</li> </ul> </li> </ul>	<p>At least 3 meetings held focused on developing a Community Hunters Program.</p> <p>At least 3 meetings held focused on expanding the Community Freezer Program.</p> <p>At least 5 hunters participating in meetings.</p> <p># of hunters, frequency of hunts and hunters payment.</p> <p>At least 2-3 deep freezers or walk in freezer installed.</p> <p>At least a 5 new tools and equipment available</p> <p>At least 5 different species in freezer, stored recording to food safety requirements</p> <p>At least 3 radio spots, 10 new people on the facebook group, and 5 posters created.</p>	<p>Detailed project activity reports maintained, including minutes, meeting participant lists, participant feedback, and action items.</p> <p>Inventory of supplies, materials, equipment, tools, and food available through programs.</p> <p>Detailed record of media efforts, and facebook group activity.</p>

<p><u>Long Term:</u></p> <ul style="list-style-type: none"> <li>Increased participation in new and expanded programs</li> </ul>	<p>At least 20 new participants receiving food from Community Freezer.</p> <p>At least 10 new hunters engaged in Community Hunters Program</p>	<p>Detailed records of program participation, including: participation lists, and participant feedback forms.</p>
<p><b>Goal #2a: Increased Access to Fresh Produce – Community Gardening</b></p>		
<p><b>Outcomes</b></p>	<p><b>Key Indicators</b></p>	<p><b>Evaluation Methods</b></p>
<p><u>Short Term:</u></p> <ul style="list-style-type: none"> <li>Increased participation of HICG and Department of Health and Social Development in Garden Program development</li> <li>Increased community engagement in program design and development</li> </ul> <p><u>Intermediate:</u></p> <ul style="list-style-type: none"> <li>New Gardening Kits developed and distributed through community</li> <li>Increased promotion of Gardening Program</li> </ul> <p><u>Long Term:</u></p> <ul style="list-style-type: none"> <li>Increased number of people gardening in Hopedale</li> <li>Increased gardening knowledge in Community</li> </ul> <p><u>Future Goals:</u></p> <ul style="list-style-type: none"> <li>Have a central Community Garden Space to nurture education and awareness around growing and consuming fresh fruit and vegetables</li> </ul>	<p>At least 2 meetings with identified lead organization focused on the Garden Program Development</p> <p>At least 5 community members present at meetings</p> <p>At least 10 kits developed and distributed among the community</p> <p>At least 3 radio spots, 10 new people on the facebook group, and 5 posters created.</p> <p>At least 7 people gardening in Hopedale</p> <p>Participants description of their involvement in gardening program – what they are growing, what is working, what is not, etc.</p> <p>Community Garden built in or near Hopedale, workshops hosted at garden site for education</p>	<p>Detailed project activity reports maintained, including minutes, meeting participant lists, participant feedback, and action items.</p> <p>Detailed records of kit development, participant list, media attention, and facebook group activity.</p> <p>Detailed record of follow up with participants that received gardening kits to determine who is still gardening, what they have learned, what is working, what is not.</p>

<b>Goal #2b: Increased Access to Fresh Produce – Bulk Buying &amp; Community Coops</b>		
<b>Outcomes</b>	<b>Key Indicators</b>	<b>Evaluation Methods</b>
<p><u>Short Term:</u></p> <ul style="list-style-type: none"> <li>Increased awareness of low quality, quantity, and high cost of fresh produce with Regional Health Authority</li> <li>Increased participation of wholesalers and retailers in program design and development</li> <li>Increased engagement of community in program design and development</li> </ul> <p><u>Intermediate:</u></p> <ul style="list-style-type: none"> <li>New programs developed and implemented</li> <li>Increased promotion of new programs</li> </ul> <p><u>Long Term:</u></p> <ul style="list-style-type: none"> <li>Increased participation in new programs</li> </ul>	<p>At least 2 meetings held with Regional Health Authority and Department of Health and Social Development.</p> <p>At least 2 meetings held with wholesalers and local retailers focused on potential of bulk buying club or community coop</p> <p>At least 3 community members present at meetings. At least 2 community meetings held to discuss program design.</p> <p>Agreements made with retailers and/or wholesalers for either bulk buying club or community coop</p> <p>At least 2 radio spots, new facebook group created</p> <p>At least 5 people signed up to join new program (bulk buying club or coop).</p>	<p>Detailed project activity reports maintained, including minutes, meeting participant lists, participant feedback, and action items.</p> <p>Detailed records of program development, media attention, and facebook group activity.</p> <p>Detailed records of participant lists, participant feedback.</p>
<b>Goal #3: Increased Youth Understanding and Use of Traditional Knowledge, Skills, and Language</b>		
<b>Outcomes</b>	<b>Key Indicators</b>	<b>Evaluation Methods</b>
<p><u>Short Term:</u></p> <ul style="list-style-type: none"> <li>Increased participation of NG, HICG, Department of Health and Social Development, and the School in development of youth support programs</li> <li>Increased engagement of Youth and Elders in program design and development</li> </ul> <p><u>Intermediate:</u></p>	<p>At least 3 meetings held focused on youth support programs and preserving traditional knowledge</p> <p>At least 1 elder and 2 youth present at each meeting. At least 3 meetings of youth and elders to discuss program design.</p>	<p>Detailed project activity reports maintained, including minutes, meeting participant lists, participant feedback, and action items.</p>

<ul style="list-style-type: none"> <li>• New and expanded programs implemented: <ul style="list-style-type: none"> <li>○ Tools and Equipment available for program</li> <li>○ Organized program of Youth/Elder outings</li> </ul> </li> <li>• Increased promotion of new and expanded program</li> </ul> <p><u>Long Term:</u></p> <ul style="list-style-type: none"> <li>• Increased participation in programs: <ul style="list-style-type: none"> <li>○ Youth and Elders participating in programs together</li> </ul> </li> <li>• Increased knowledge of traditional practices in youth</li> </ul>	<p>At least 3 new tools and equipment available</p> <p>At least 1 elder and 4 youth involved in each outing</p> <p>At least 3 radio spots, 10 new people on the facebook group, and 5 posters created.</p> <p>At least 10 youth and 3 elders signed up for programs</p> <p>Participant descriptions of their involvement in program – what they've learned, what they've enjoyed, what they would like to learn, who they are sharing the information learned with, etc.</p>	<p>Inventory of equipment and tools for program, and detailed outline of outings recorded.</p> <p>Detailed record of media efforts, and facebook group activity.</p> <p>Detailed records of participant lists, feedback</p> <p>Pre and post interviews with youth participants to determine new skills learned, most/least useful information, what they would like to learn, etc.</p>
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**Goal #4: Increased Food Education and Awareness**

Outcomes	Key Indicators	Evaluation Methods
<p><u>Short Term:</u></p> <ul style="list-style-type: none"> <li>• Department of Health and Social Development increasing Food education programs</li> <li>• Increase promotion of programs</li> <li>• Increased awareness of programs in community</li> </ul> <p><u>Long Term:</u></p> <ul style="list-style-type: none"> <li>• Program Expansions Implemented</li> <li>• Increased participation in programs</li> </ul>	<p>At least 2 meetings held focused on expanding current food education programs.</p> <p>At least 3 radio spots and 5 posters created.</p> <p># of inquiries regarding programs</p> <p>At least 2 new programs implemented</p> <p>At least 10 new participants in programs</p>	<p>Detailed records of meetings including meeting minutes, participation lists, etc.</p> <p>Detailed record of media efforts</p> <p>Detailed record of inquiries</p> <p>Detailed record of new programs implemented, participant lists, feedback, etc.</p>



## **Appendix A: Suggested Project Names**

*As suggested on the February Radio Call-In Show*

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Hopedale Foundation food program  
Hopedale wildlife food bank  
Community Green House  
This is our land and resources  
Hopedale Food networking Group  
Local and traditional food store  
Costal stores  
Hopedale Capital of Nunatsiavut food program  
Improved life style of Hopedalimiuks  
Flavours of the North  
Labrador Rose Bud project  
Hopedale Food sharing  
Nunatsiavut Food bank  
Nunatsiavut Good start  
Healthy Labrador Project  
Operation Food association  
Hopedale Nutritious Food Group  
Hopedale Healthy Living Circle  
More food for less cash  
Hopedale Land and Sea foods  
Hopedale Food network.  
NiKitsait Kagattatunnut- food for the hungry  
Hopedaliup ikajuttinik-Hopedale Helpers  
iKasijuit- caring people  
atsajunut ikajutet- helping ones in need  
NiKigijavut- our food  
NiKisiagnit Hopedalimi- good food in Hopedale  
NiKitsatoak- Only food  
kamajivut-

## Appendix B: Highlights from the Labrador Inuit Land Claims Agreement

Source: Nunatsiavut Government, Labrador Inuit Land Claims Agreement,  
[http://www.nunatsiavut.com/index.php?option=com\\_content&view=article&id=48&Itemid=66&lang=en](http://www.nunatsiavut.com/index.php?option=com_content&view=article&id=48&Itemid=66&lang=en)

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### Highlights of the LILCA

- The LILCA defines land ownership, resource sharing and the terms of self-government within the Labrador Inuit Settlement Area.
- The Settlement Area totals approximately 72,500 sq km of land in northern Labrador, including 15,800 sq km of Inuit-owned lands; an adjacent Ocean Zone of 48,690 sq km.
- Labrador Inuit own outright 15,800 sq km of land within the Settlement Area and are entitled to 25% of provincial revenues from future development within these lands.
- Labrador Inuit have co-management rights in the remaining area of land and ocean in the Settlement Area and are entitled to 5% of provincial revenues from future development on these lands.
- Labrador Inuit have co-management rights out to 20 km offshore from the headlands and islands of Labrador.
- Through the LILCA, the Nunatsiavut Government was created as a regional Inuit government. The claim also set out the requirement for a Labrador Inuit Constitution and identified fundamental matters that it must address.
- Through the LILCA, the Torngat Mountains National Park Reserve was established within the Settlement Area. The park consists of approximately 9,600 sq km of land.
- Under the Agreement, the Government of Canada will transfer \$140 million to the Labrador Inuit, as well as \$156 million for implementation of the Agreement.
- The LILCA set out eligibility criteria for determining who qualifies for enrollment as a beneficiary of the Agreement. The criteria take into consideration a number of factors, including Inuit customs and traditions; Inuit ancestry; adoption; and residency in, or connection to, the Settlement Area. The Nunatsiavut Government is responsible for maintaining and publishing the registrar of beneficiaries.

Labrador Inuit are still subject to federal and provincial taxes.

## Appendix C: Revised Northern Food Basket Details

*Northern and Indian Affairs*

<b>Table 1:</b>				
<b>Revised Northern Food Basket (2007) for a family of four for one week</b>				
<b>Food Group</b>	<b>Perishable</b>	<b>Amount</b>	<b>Non-perishable</b>	<b>Amount</b>
<b>Dairy products (Total: 15.35 L[<a href="#">Note 1</a>])</b>	2% milk, fresh or UHT	4.76 L	Evaporated milk, 2%	1.58 L <a href="#">[Note 2]</a>
	Mozzarella cheese	485 g	Skim milk powder <a href="#">[Note *]</a>	90 g
	Processed cheese slices	385 g		
	Yogurt	1.67 kg		
<b>Eggs</b>	Large eggs	8		
<b>Meat, poultry, fish (Total: 6.7 kg)</b>	Chicken drumsticks	2.68 kg	Canned pink salmon	270 g
	Pork chops, loin	1.21 kg	Sardines in soya oil	270 g
	Ground beef, lean	1.34 kg	Canned ham	200 g
	T-bone steak	470 g		
	Sliced ham	135 g		
	Frozen fish sticks	135 g		
<b>Meat alternatives and meat preparations (Total: 1 kg)</b>	Bologna	60 g	Canned pork-based luncheon meat	50 g
	Wieners	100 g	Canned corned beef	40 g
	Peanut butter	90 g	Canned beans with pork	290 mL
			Canned beef stew	180 g
			Canned spaghetti sauce with meat	155 mL
<b>Grain products (Total: 5.5 kg)</b>	Bread, enriched white	660 g	Flour, all purpose	1.92 kg
	Bread, 100% whole wheat	660 g	Pilot biscuits	275 g
			Macaroni or spaghetti	385 g
			Rice, long-grain parboiled white	330 g
			Rolled oats <a href="#">[Note *]</a>	275 g
			Corn flakes	440 g
			Macaroni and cheese dinner	550 g
<b>Citrus fruit and tomatoes (Total: 4.4 kg)</b>	Oranges	1.23 kg	Apple juice, TetraPak <a href="#">[Note *]</a>	880 mL
	Apple juice, frozen	130 mL3	Orange juice, TetraPak <a href="#">[Note *]</a>	375 mL

	Orange juice, frozen	1.13 L <a href="#">[Note 3]</a>	Canned whole tomatoes	215 mL
			Canned tomato sauce	300 mL
<b>Other fruit (Total: 9.95 kg)</b>	Apples	4.38 kg	Canned fruit cocktail in juice	855 mL
	Bananas	3.58 kg	Canned peaches in juice	285 mL
	Grapes	500 g	Canned pineapple in juice	285 mL
<b>Potatoes (Total: 3.7 kg)</b>	Fresh potatoes	3 kg	Instant potato flakes	220 g
	Frozen French fries	480 g		
<b>Other vegetables (Total: 8.7 kg <a href="#">[Note 4]</a>)</b>	Carrots	2 kg	Canned green peas	900 mL
	Onions	695 g	Canned kernel corn	1.09 L
	Cabbage	520 g	Canned green beans	315 mL
	Turnips	350 g	Canned carrots	325 mL
	Frozen broccoli	695 g	Canned mixed vegetables	545 mL
	Frozen carrots	260 g		
	Frozen corn	260 g		
	Frozen mixed vegetables	1.74 kg		
<b>Oils and fats (Total: 1.05 kg)</b>	Margarine, nonhydrogenated	715 g	Canola oil	185 mL
	Butter	65 g	Lard	105 g
<b>Sugar (Total: 600 g)</b>			Sugar, white	600 g
<b>Miscellaneous</b>			5% added to cost	
<ol style="list-style-type: none"> <li>1. Calcium equivalent of 2% milk. The weight of dairy products as purchased is approximately 9.2 kg.</li> <li>2. Undiluted quantity.</li> <li>3. Quantity as consumed, reconstituted from 33 mL of frozen apple juice concentrate and 282 mL of frozen orange juice concentrate.</li> <li>4. Total is based on the drained weight of canned vegetables (approximately 610 g of peas, 870 g of corn, 175 g of green beans, 175 g of carrots and 350 g of mixed vegetables). Quantities in millilitres are undrained, as purchased.</li> </ol> <p>* Skim milk powder, rolled oats and juice in TetraPaks are eligible for shipment under the Food Mail Program as "nutritious perishable food," but are normally considered non-perishable.</p>				

## Appendix D: Food Mail Program Eligible Items

*Northern and Indian Affairs*

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**SOURCE:** INDIAN AND NORTHERN AFFAIRS CANADA, ACCESSED ON 29 JAN 10, [HTTP://WWW.AINC-INAC.GC.CA/NTH/FON/FM/PUBS/EIG/EIG-ENG.ASP](http://www.ainc-inac.gc.ca/nth/fon/fm/pubs/eig/eig-eng.asp) .

### **Nutritious Perishable Food**

The following products are eligible for shipment at the postage rate applicable to Nutritious Perishable Food:

- dairy products (e.g. fresh milk, UHT milk, buttermilk, chocolate milk, cheese, processed cheese, processed cheese spreads, cottage cheese, butter, cream, ice cream, ice milk, sherbet, yogurt, frozen yogurt, yogurt drinks, powdered milk), excluding canned milk
- margarine
- meat, fish and poultry products (fresh or frozen, including cured and smoked products, fish sticks and fish cakes)
- fruits and vegetables (fresh or frozen)
- fresh juice (pure or reconstituted), frozen juice concentrate, juice in Tetra Paks and similar containers, all of which must be without sugar added
- bread and bread products without sweetened filling or coating (e.g. bagels, English muffins, croissants, bread rolls, raisin bread, garlic bread, hamburger buns, hot dog buns, pizza crusts, frozen bread dough, tortillas)
- eggs and egg substitutes
- selected semi-perishable food products (unsweetened seeds and nuts, cook-type cereals, whole wheat and rye flour, peanut butter, salad dressing, mayonnaise, yeast)
- tofu, vegetable patties, similar vegetable-based meat substitutes, soybean-based milk substitutes
- infant formula, infant cereals, other foods prepared specifically for infants
- water (excluding carbonated and flavoured water)
- combinations of the above products (e.g., pizza, frozen dinners)
- prescription and non-prescription drugs

with the exception of products identified as Convenience Perishable Foods.

### **Convenience Perishable Foods**

The Food Mail Program does not apply to the following Convenience Perishable Foods:

- sandwiches, hamburgers, hot dogs, prepared salads and other prepared foods for immediate consumption which are subject to the Goods and Services Tax
- fresh or frozen products consisting of meat, poultry, fish, vegetables or eggs which are breaded or battered or in pastry
- combinations containing any of the products described above

with the exception of fish sticks, fish cakes, and reduced-fat products, of the type described above, which have been specifically approved as eligible for the Food Mail Program by the Department of Indian Affairs and Northern Development.

The following are examples of Convenience Perishable Foods that are not eligible: fried chicken, sausage rolls, fish in batter, fish and chips, chicken and chips, breaded onion rings, poutine, meat pies, quiche, frozen dinners containing breaded chicken or a sweetened baked good.

### **Non-perishable Food**

The following products are among those eligible for shipment at the postage rates applicable to non-perishable food. The list is not intended to be comprehensive, but confirms the eligibility of certain items.

- canned products such as milk, unsweetened juice, fruit, vegetables, soup, meat, fish, poultry, stew
- unsweetened juice in bottles or cans
- dry beans, peas and lentils
- dried fruit and vegetables, dried soup mixes
- crackers, crispbread, hard bread, Pilot biscuits, melba toast
- arrowroot and social tea cookies
- all purpose flour, cake and pastry flour
- rice, other grains, popping corn (unpopped)
- pasta (macaroni, spaghetti, noodles, macaroni and cheese dinners)
- ready-to-eat breakfast cereals
- cake mixes, pancake mixes, muffin mixes, bread and roll mixes, bannock mixes, pizza mixes, jelly powders, pudding mixes, puddings (canned or ready-to-eat)
- lard, shortening, cooking oils
- sugar, salt, baking powder, cornstarch
- spreads, syrups, sauces, condiments, toppings (excluding artificial cream products), ketchup, vinegar, relish, pickles, jam, honey
- coffee, tea
- fruit drink crystals with vitamin C added

### **Foods of Little Nutritional Value**

The Food Mail Program does not apply to the following food and beverage products:

- beer, wine and spirits
- soft drinks
- carbonated and flavoured mineral water
- all fruit-flavoured drinks and sweetened juice
- fruit drink crystals without vitamin C added
- iced tea, iced tea mixes, cordials, cocktail mixes
- instant hot chocolate mixes
- sweets and snack foods:
  - candies, confectionery, chewing gum, chocolate bars, granola bars
  - fruit, seeds and nuts when coated or treated with candy, chocolate, honey, molasses, sugar, syrup or artificial sweeteners
  - fruit bars, rolls, or similar fruit-based snack foods
  - potato chips, corn chips, tortilla chips, pretzels, popped corn products, cheese puffs, and similar products
  - snack mixtures (e.g. "nuts 'n bolts")

- sweetened baked goods (cakes, muffins, pies, pastries, tarts, cookies, doughnuts, brownies, croissants with sweetened fillings or coatings, waffles and similar products), excluding arrowroot and social tea cookies
- pie shells and other frozen pastry products
- frozen flavoured ice (e.g. Popsicles)
- imitation cream products (e.g. non-dairy coffee whiteners, non-dairy whipped dessert toppings)
- meal replacements for weight reduction

### **Non-food Items**

All non-food items, with the exception of tobacco, dangerous goods and other prohibited mail as defined in the Canada Postal Guide, are eligible for shipment at the rates applicable to non-food items. The following additional items are not eligible for the Food Mail Program:

Recreation equipment and supplies including

- sporting and athletic goods
- fitness equipment
- bicycles and tricycles
- toys, games, puzzles, models and hobby supplies
- playground equipment
- photographic equipment and supplies
- musical equipment
- computer equipment (hardware and software)
- kits intended for the production of alcoholic beverages

Entertainment equipment and supplies including

- radios, audio and video components or combinations
- audio and video tapes, either blank or pre-recorded
- televisions
- other electronic equipment
- compact discs and records

Reading material including newspapers, magazines and books

All paper products with the exception of:

- disposable diapers
- disposable undergarments
- feminine hygiene products
- nursing pads
- toilet paper

Animal food and other animal supplies.

### **Priority Perishable Foods**

The following products are classified as "priority perishable foods" for the purposes of the Kugaaruk, Kangiqsujuaq and Fort Severn pilot projects:

- fresh milk (excluding chocolate milk), UHT milk, buttermilk, cheese, processed cheese, cottage cheese, yogurt, yogurt drinks, powdered milk
- fresh vegetables
- frozen vegetables, excluding French fries and similar potato products
- fresh fruit
- frozen fruit
- frozen juice concentrate
- eggs.

For the purposes of the Fort Severn pilot project, 100% whole wheat bread and cook-type breakfast cereals are classified as priority perishable foods.

For the purposes of the Kugaaruk pilot project, effective January 1, 2003, Cambridge Bay is designated as an entry point for country food shipped to Kugaaruk under the Food Mail Program, and country food shipped from Cambridge Bay to Kugaaruk is classified as a priority perishable food.



## Appendix E: Air Foodlift Subsidy Program Eligible Items

*Department of Labrador & Aboriginal Affairs*

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**SOURCE:** DEPARTMENT OF LABRADOR AND ABORIGINAL AFFAIRS, ACCESSED ON 29 JAN 10,  
**[HTTP://WWW.LAA.GOV.NL.CA/LAA/PROGRAMS WE OFFER/ELIGIBLE ITEMS.HTML](http://www.laa.gov.nl.ca/laa/programs_we_offer/eligible_items.html)** .

### **Fresh/Frozen Vegetables**

- asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, corn, cucumbers, greens, leeks, lettuces, mushrooms, onions, peppers, potatoes, turnip, spinach, sprouts, squash, tomatoes, zucchini, yams, shallots, rhubarb, radishes, snow peas, parsnip, eggplant, fresh bagged salads, green onion
- 100% vegetable juice – no sugar added

### **Fresh /Frozen Fruits**

- apples, avocados, bananas, berries, cherries, grapes, kiwis, lemons/limes, melons, oranges, peaches, pears, plums, apricot, clementines, nectarines, papayas, pineapples, tangerines, mandarin oranges
- 100% fruit juice – no sugar added
- 100% frozen fruit juice – no sugar added

### **Fresh (Not Dried) Herbs**

- basil, cilantro, coriander, garlic, oregano, parsley, dill, sage, thyme, rosemary

### **Grain Products**

- bagels, fresh breads, pitas, rolls, submarine buns, English muffins, tortillas, hamburger buns, hotdog buns, rolled oats (NOT instant), wheat germ, flax seed, barley
- flour: whole wheat, unbleached, white, rye, gluten, corn, soy, rice

### **Meat And Alternatives (Fresh/Frozen – Non-Battered, Non-Breaded, Non Deep-Fried, Non-Curred, Without Sauces)**

- beef: ground beef, steaks, stewing beef, livers, ribs
- chicken: legs, thighs, sides, breast, wings, ground chicken, whole chicken, hearts, livers, bacon
- pork: pork chops, ham, roast, ground pork, ribs
- turkey: necks, legs, bacon, breast, ground turkey, whole turkey, wings
- nut butters: peanut, almond, cashew, hazelnut, macadamia, pecan, pistachio, walnut, pumpkin seed, sesame seed, soybean, sunflower seed
- shelled nuts

## **Milk and Alternatives**

- fresh white and chocolate milk, UHT white and chocolate milk, powdered milk, fortified soy beverages (e.g., So Good, Our Compliments), lactose-free fresh milk, lactose-free yogurt, half and half, yogurt, yogurt tubes, yogurt drinks
- cheese: cheddar, cottage, feta, mozzarella, fresh parmesan, pepper, provolone, ricotta, Swiss, shredded, cheese strings

## **Other**

- mayonnaise – light varieties only (calorie wise, low fat/reduced fat) i.e., Hellman's, Trader Joe's, etc...
- salad dressing – light varieties only (calorie wise, low fat/reduced fat) i.e., Kraft Miracle Whip, Wishbone Lite Low Cal, Kraft Fat Free, etc...
- sour cream
- fresh eggs, egg substitutes (e.g. Egg Beaters)
- all baby food and formula
- butter, margarine – non-hydrogenated
- tofu

## **Other Frozen Items**

- ice cream: 1L, 2L, 4L – plain variations only (e.g., vanilla, chocolate, strawberry)
- pizzas: Hawaiian, chicken, cheese, spinach, mushrooms, and veggie, excluding pizzas with pepperoni, sausage, (e.g., deli lovers, deluxe, etc.), also exclude pizza mixes, pizza hors d'oeuvres, pizza patties, pizza pops, pizza pockets, pizza fingers
- fries: regular straight, shoestring, steak and crinkle cuts, excluding seasoned cuts
- frozen yogurt, 1L, 2L, 4L
- vegetable burgers
- calorie-reduced frozen entrees: Lean Cuisine, Michelina's Lean Gourmet, Healthy Choice, Weight Watchers Smart Ones, Lean Cuisine Skillet Sensations Meals

## **Sandwich Meat (Deli Prepared and Pre-Packaged)**

- ham, turkey, chicken, roast beef

## **Seafood (Fresh/Frozen – Non-Battered, Non-Breaded, Non Deep-Fried, Non-Cured, Without Sauces/Butters)**

- catfish, crab, cod, halibut, mussels, oysters, salmon, shrimp, haddock, tuna, scallops, lobster, herring, sole, trout

## Appendix F: Hopedale Food Asset Inventory

*As identified by the NiKigijavut Hopedalimi Project Steering Committee*

<b>Program</b>	<b>Host/Organization</b>	<b>Additional Details</b>	<b>Participants</b>
Food Mail	Indian and Northern Affairs	Food Mail reduces the air cargo rates for participating wholesalers, who must be registered with the program. Stores and Individuals can receive, BUT need a business number in order to receive shipment from the Wholesaler.	Retailers
Air Foodlift Subsidy	Provincial Government, Department of Labrador and Aboriginal Affairs	Air Foodlift is a voluntary program available for retailers that covers 80% of air freight costs on eligible items	Retailers
Community Freezer	Hopedale Inuit Community Government	Traditional foods available, primarily caribou	Seniors, Low Income
Holiday Food Hampers	School, Church	School and Church did food hampers for low income families around the holidays	Low Income Families
Teen Youth Support	Aboriginal Healing Foundation	"all-nighter" program, often food included in programming	At Risk Youth
Seniors Monthly Meal Program	NG Department of Health (Diebetes & Healthy Eating Program)	Seniors gather for a warm, healthy meal that often includes tradition foods and storytelling. Meals are prepared by a Hopedale Community Worker	Seniors
Home & Community Care Program	NG Department of Health	Trying to establish a meals on wheels program as it has been identified as a need	
Pre-Natal Nutrition Program	Public Health Agency of Canada	Provides bi-weekly fresh produce (eggs, cheese, bread, milk, fruit, etc)	
Community Feasts	NG Department of Health	Meals including traditional foods along with fruit and vegetable platters provided for community events (such as Heritage Day, Aboriginal Day)	Community at large
Kids Eat Smart Program	Teachers, Volunteer based	Provides healthy meal to all students every morning	Students
Health Fair	Public Health	Educational/Informative booths where public comes to participate, once they have visited the booths, they receive a sticker to receive a free meal	Community at large
DJ's	DJ's	Sometimes offer fresh foods (produce, milk, yogurt, cheese, etc.)	Community at large
Big Land Grocery	Lab Investments	Primary grocery for Hopedale, offers fresh, canned, dried, foods, etc.	Community at large
Cooking Program (No longer Exists)	Aboriginal Foundation at Resident Schools (in Department of Health Building)	Was running monthly, yet has stopped due to low participation	Low-Income parents (40+)
Food Bank (no longer exists)		Was a lot of issue around abuse of program	Low income families