

Striving Towards Food Security

Chippewas of Nawash

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How Does your Meal Add Up? Workshop, 2012/13



In our community we are working on WHO's three pillars of food security: access, availability and use.

At the ***How Does your Meal Add Up?*** Workshop, participants are learning about the contents of various foods and creating a grocery shopping list of what they would have for supper.

How Does your Meal Add Up? Workshop, (cont.)



We provided healthy foods for participants to shop for and create a menu for this supper.

How Does your Meal Add Up? Workshop, (cont.)



The group shops for the best choices for their menu.

Note that there was actual beef and chicken for their choice as well.

Education continued on portion sizing their meals and participants learned how planning helped with budgeting as well.

Harvest Day

Sept. 2013



Harvest Day was a community event that was also based on WHO's three pillars of food security: access; use; availability.

This picture shows the advertisement for the event.

Harvest Day (cont.)

Sept. 2013



The tent provided a venue for community members to come and shop and learn about food security, good food box etc.

Harvest Day (cont.)

Sept. 2013



An inside view of the set up of the Harvest Market.

Harvest Day (cont.)

Sept. 2013



One of the resources for community members to check out for fresh and healthier food choices at various local markets.

Harvest Day (cont.)

Sept. 2013



Sample of a good food box. We provided educational materials and a narrative on the benefits of this program and how this program, offered at the Health Centre, helps to provide accessibility of healthy foods at a very low cost.

Harvest Day (cont.)

Sept. 2013



We approached a local bakery, which provided healthy, nutritious baked goods both diabetic friendly and dietary specialties. Once again we are working on access of healthy foods for our community members.

Harvest Day (cont.)

Sept. 2013



A local farm and a cooking representative were also approached and provided kitchen utensils at affordable prices; access to help with meal preparation.

Harvest Day (cont.)

Sept. 2013



The benefits of healthy food products like homemade sauces, which are easy to make and time effective.

Community members praised this event , said it was the best ever, and think it should be an annual event. We will be holding one again in 2014.

Other activities



Other activities in our community include, “nutrition-in-a-bag” which is back by popular demand, and will be done for 80 students again for the third time!

This year we are planning to take the grade 5 & 6 students out on two grocery tours.