

Sharing Our Food Security Stories

Food Security Initiatives in First Nations Communities across Ontario



A warm “Thank you” to...

Michele Smith	Algonquins of Pikwakanagan First Nation
Shirley Corbiere	Aundeck Omni Kaning First Nation
Patricia MacMillan	Beaverhouse First Nation
Terry Optekamp	Chippewas of Nawash Unceded First Nation
Christine Fuller	Chippewas of Rama First Nation
Shelly Hackle	Eagle Lake First Nation
Agathe Nakogee	Fort Albany First Nation
Kelly Solomon	Garden River First Nation
Dan Charette	Mnaamodzawin Health Services
Brigitte Blazina	Mohawks of Akwesasne
Dorothy Green	Mohawks of the Bay of Quinte
Caroline Paavola	Namaygoosisagagun First Nation
Gary Manoakeesic	Sandy Lake First Nation
Janice Horn	Shawanaga First Nation
Donna Mattias	Temagami First Nation
William Bisailon	Thessalon First Nation
Joan Lamoureux	Wahgoshig First Nation

...for sharing your stories and experiences, and for inspiring us.

And also to members of the Ontario First Nations Integrated Health Promotion Strategy Working Group for their continued support of the ADI program.

FNHIB-OR, Nutrition Team - Sharmaline, Sarah and Dana.



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Aundeck Omni Kaning First Nation

Aundeck Omni Kaning First Nation

ADI/ Food Security Photo Essay

2012-2013





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AOK Community Garden

The Green Thumb Photos



AOK Community Garden

Our Community Garden is located along HWY 540 West of AOK.



Our garden consists of 10 raised beds and 2 flower beds.



More Garden Photos

Designated Herb Garden





ONIONS

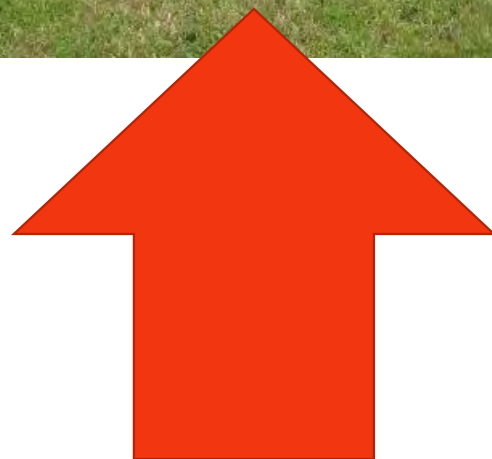
RADISHES



They recommend to plant Marigolds to keep out garden pests.



Our outdoor
furniture was made
by our Community
Landscaping Crew



Beans and Tomatoes





Storage and Supplies



AOK Community Garden

Here's What We Have Grown









Community Garden Open House

Encouraging and Supporting our Community Garden





Active Members of the
Aundeck Omni Kaning
Community Garden

Enjoying the hand made benches







Community Garden Food Display

Encouraging the Community Garden Program



Nutrition and Garden Display 2012



Our display consisted of information about nutrition and gardening.





Fall Harvest Fair 2013

Harvesting of Wild Meats





Participants
enjoyed
sampling
roasted deer
meat over an
open fire.



A community
member hunted
volunteered and
donated a deer
for our demo.





Our volunteer demonstrated how to clean, cut and package venison.



Fish Demonstation



The
volunteer
community
member
brought
several types
of fish for
the demo.

Feel the
bones?



Trapping and Snaring Demo



Local Trapper demonstrated how to skin furs.

Moose Meat

One of our community members volunteered, hunted, provided his own smoker and moose meat for a smoked meat demonstration. He also made smoked fish with the fish from the fish demo.



The smoked
meat was a hit!

Fall Harvest Fair Community Feast 2013

All of the wild meats were
cooked and used as part of
the community feast.

We also had
a workshop
on how to
make
squash and
pumpkin
soup.





Good Food Box Program

Providing Low-Income Families With Healthy Local Foods



WE ARE A PART
OF THE GOOD
FOOD BOX
PROGRAM



Boxes are filled
with locally
grown fruit and
veggies for a
small fee.





Fun With Foods for Kids

Making Healthy Food Fun





Look
what
we
made!



It's a
dragon!



Our group of talented young children made fruit fun! Above we made fruit and vegetable stamped t-shirts. To the left we made edible flower pots using colourful vegetables.



Cooking Classes

Making Healthy Food For All Ages





Cooking Classes

We offered cooking classes with our dietician and child nutritionist. Some of the ingredients (vegetables) were provided by our community garden.





Making Preserves

Here, we made Chow-Chow, using green tomatoes from our community garden.





Cooking Classes

Our Community Cooking Classes were based on our Community Garden. Here you can see we have prepared a few side dishes that include our proudly grown vegetables.



Edible Arrangements



Making
Valentines *Treats*
using Fruit



Baby Food Making



Baby Food Making Programs are offered annually for Prenatals and Postnatals.

Here, you can see we have taste testing samples to promote homemade baby food using fresh vegetables and fruit.

April 25, 2013.- 5 moms attended



Berry Picking

Gathering Fruit



Raspberry and Blueberry Picking With CPNP, Diabetics, High Blood Pressure, and Members of the Garden.

July 30,
2013.

10
Participants
Attended





Thank You (Chi-Miigwetch)

For Supporting Our Community Through the ADI/Food
Security Funding



Contact Person: Shirley Corbiere (CHR)
Presentation Made By: Stephanie Corbiere (BF/BHC)

Beaverhouse First Nation

A PHOTO ESSAY OF BEAVERHOUSE FIRST NATION SETTLEMENT





WHERE IS BEAVERHOUSE??

WELL TO GET THERE YOU WILL NEED A BOAT, SKIDOO OR....





**YOU CAN PADDLE, JUST MAKE SURE TO ADD
AN EXTRA HALF DAY TO YOUR TRIP THERE
AND BACK**



**WHEN WAS THE LAST TIME YOU SEEN A SETTLEMENT WITH NO
STREET LIGHTS AND NO HYDRO OR TELEPHONE POLES?**



THIS IS JUST AN AVERAGE DAY AT THE SETTLEMENT. LOADING AND UNLOADING ALL THE SUPPLIES WE NEED LIKE, ICE, MILK, MEAT, BREAD, GAS ETC.

**COMMUNITY MEMBERS HAVE BEEN HERE
A VERY LONG TIME**

**THIS IS AN OLD PICTURE OF THE OLD
CHURCH FROM THE 1960'S**





**THIS IS A PICTURE SHOW CASING THE NEW CHURCH (BACK LEFT).
WHICH WAS BUILT IN 2006**



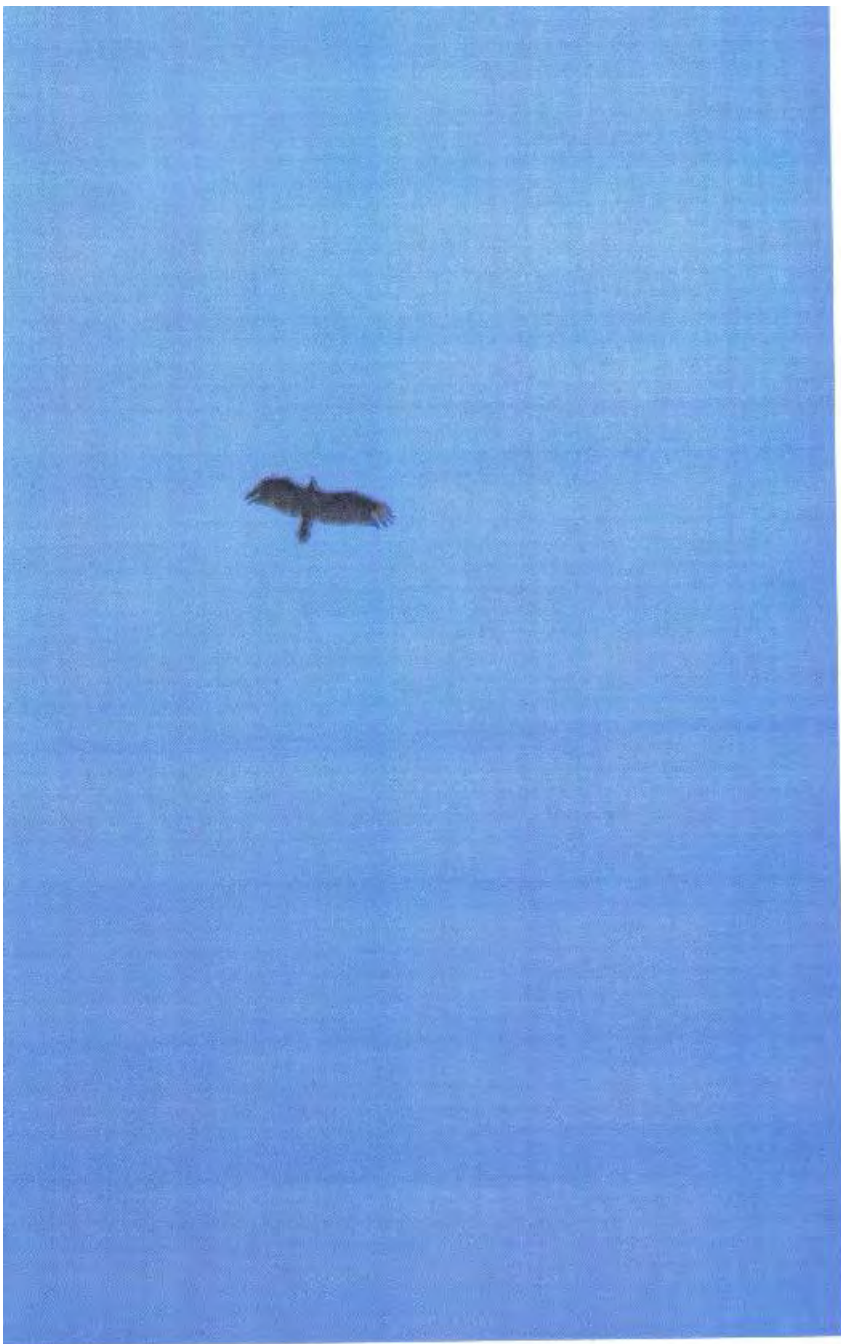
**WELL, THIS IS OUR COMMUNITY WELL. WE DO BOIL THE WATER FIRST
JUST TO MAKE SURE IT'S SAFE**



EVERY YEAR APANO(ABORIGINAL PEOPLES ALLIANCE OF NORTHEASTERN ONTARIO) BRINGS THE GROUP OF ELDERS TO THE SETTLEMENT FOR A LUNCH



WE ALSO CELEBRATE “KIDS DAY” AT THE SETTLEMENT. ITS ALL ABOUT THE KIDS ALL DAY. WE DO HAVE TO BE CAREFUL ABOUT WHAT WE BRING SO IT DOESN’T SPOIL



**THE EAGLE FLIES OVERHEAD AND MARKS
A NEW BEGINNING FOR OUR
COMMUNITY AS WELL. WE CAN NOW
HOST EVENTS AND CELEBRATIONS
WHERE WE CAN WORRY LESS ABOUT
HOW TO KEEP THINGS REFRIGERATED.**



THANKS TO OUR NEW ICE MACHINE!!

Chippewas of Nawash Unceded First Nation

Striving Towards Food Security

Chippewas of Nawash

Terry Optekamp
Community Health Representative



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.

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



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.

Chippewas of Rama First Nation



ADI –Food Security Photo Essay- Fall 2013

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

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

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

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

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

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

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

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

ADI –Food Security Photo Essay-Fall 2013

-2-



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



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



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

ADI– Food Security Photo Essay-Fall 2013

-3-



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



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



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



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



ADI– Food Security Photo Essay –Fall 2013

-3-



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



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



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

ADI-Food Security Photo Essay-Fall 2013

-4-



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



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



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



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



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

ADI-Food Security Photo Essay-Fall 2013

-5-



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

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



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



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



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

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



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

ADI– Food Security Photo Essay-Fall 2013

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

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

Christine Fuller,

Health Mental Health/Community Wellness Support Worker

Chippewas of Rama First Nation

Rama, Ontario

L3V 6H6

Eagle Lake First Nation

HARVESTING AND PROCESSING WILD RICE

- THE NISHNABE WAY -

INDIANS PICKING WILD RICE, NEAR BRAINERD, MINN.



**LEARNING THE
TRADITIONS OF
OUR ANCESTORS**

HARVESTING THE WILD RICE

The Ojibway used a canoe to harvest wild rice. They used a long push pole with a forked end to push the canoe through the water without harming the wild rice plants.

The canoe has the best shape to move through the wild rice bed without snapping off pieces of the plant.

Gage



KNOCKING

1. Every rice harvester has two knocking sticks, for knocking the rice grains into the canoe.

2. The sticks were light weight so harvester wouldn't get tired, and so the rice wouldn't get damaged,

3. The Ojibway people always took care to handle the rice grains and the plants gently, and with respect, was so important to them.

By CHRISTINE



PARCHING WILD RICE

The Ojibway people preserve the rice by reducing the moisture. They do that by parching the rice.

The Ojibway people put the wild rice in a big metal pot. The pot is tilted so that it is not right on the top of the fire. The fire can't be that hot or the wild rice would burn. Someone would use a big paddle to stir the wild rice.

ETHAN



RICE DANCING- MAKING A PIT

After parching the wild rice, the Ojibway danced on it. The Ojibway danced on it to remove the grains from the husks.

To start, you dig a hole about 2 feet deep and big enough to move your legs. Originally, the pit was lined with deer hide and at the bottom they put pieces of wood.

They built a frame of wood sticks so the dancer could hold on to it and not slip and fall.

Reece



WILD RICE DANCING

Moccasins are what you have to wear to dance on the rice. They do not have beads on them because the husks would get stuck in the beads! The moccasins are made of the softest material, deer hide.

When you dance, you move your feet back and forth until all husks are off, and there are rice grains. The dancer holds onto a frame so she doesn't lose her balance! Usually it was a woman's (girls) job to dance on the rice, because women are lighter than men.

Shannon May Gardner☺



WINNOWING WILD RICE

When they winnowed wild rice they used a birch bark tray to hold wild rice. Winnowing removed the husks that were loosened by the dancing.

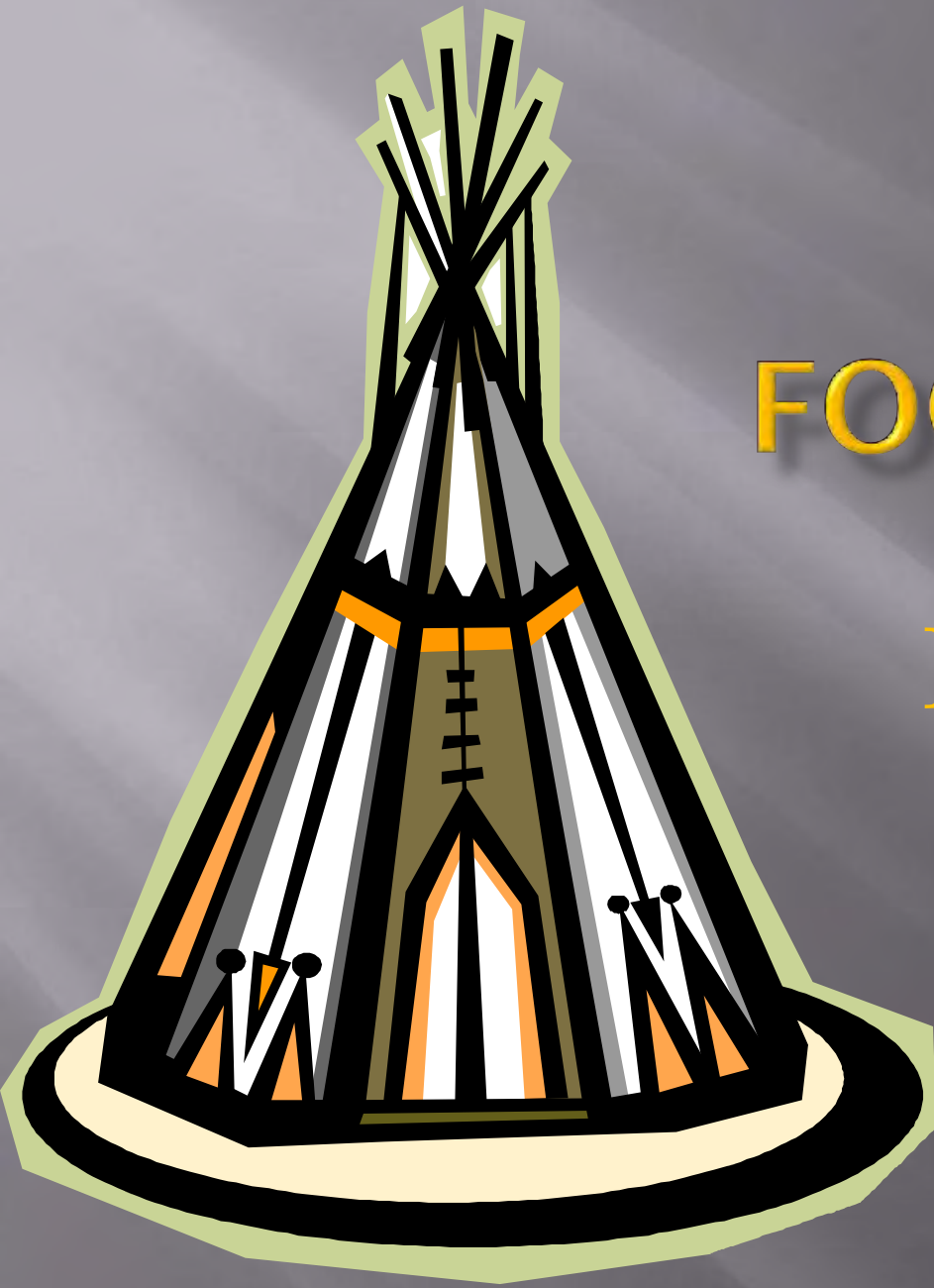
When you winnow you stand in the wind and toss the grain so all the husks blow away in the wind but you catch the grain as it falls back down.

Husks are the shells of the rice. If you swallow the husks it will irritate your lungs.

By Dallas M



Fort Albany First Nation



FOOD SECURITY

In Fort Albany

2013

FARMER'S MARKET and GOOD FOOD BOX

carrots potatoes apples
onions broccoli bananas

celery peppers oranges
pears grapes kiwis pineapple

pre-order 705 278 4541 / 1151



Transporting Food to Fort Albany



Unloading at location



Setting up





Some of our shoppers



Veggies and fruits



Price list

Apple (red)	3 for 2.00
Butter nut squash ^{squash}	2.00/3.00
Bok Choy	1.50
Cabbage	2.50
Tomatoes ^{2 for}	1.50 ea
Mushrooms	2.00
Carrots	2.00
big tomatoes	1.00
grape tomatoes	2.00 basket
garlic	.50
Ginger	.50
	.50

Bananas of 8	4.00
Corn	.75
Kiwi	4.00
Avocado	1.00
grape fruit	.50
Mangos	2.00
Snow Pea	2.00
Grapes	6.00
Oranges bag	5.00
Cantaloupe	2.50
Egg plant	2.00

Good Food Box Program





CHECKING OUT =)



Backbones of our Food Security Program



Garden River First Nation



Garden River First Nation

ADI Food Security Photo Essay

Submitted by: Kelly Solomon

2013 Moose Hunt - Traditional Food Photo Essay



2013 Moose Hunt - Traditional Food



Single shot
delivered by
local youth Kody
Solomon.

2013 Moose Hunt - Traditional Food



Moose has been cleaned, loaded, and ready to be transported to garage.

2013 Moose Hunt - Traditional Food



The moose is hung for 2 days.

2013 Moose Hunt - Traditional Food



Moose ready to be skinned and butchered.

2013 Moose Hunt - Traditional Food



Local youth butchering the moose.

2013 Moose Hunt - Traditional Food



Moose packaged and ready for delivery to local Elders and community members.

2013 Moose Hunt - Traditional Food



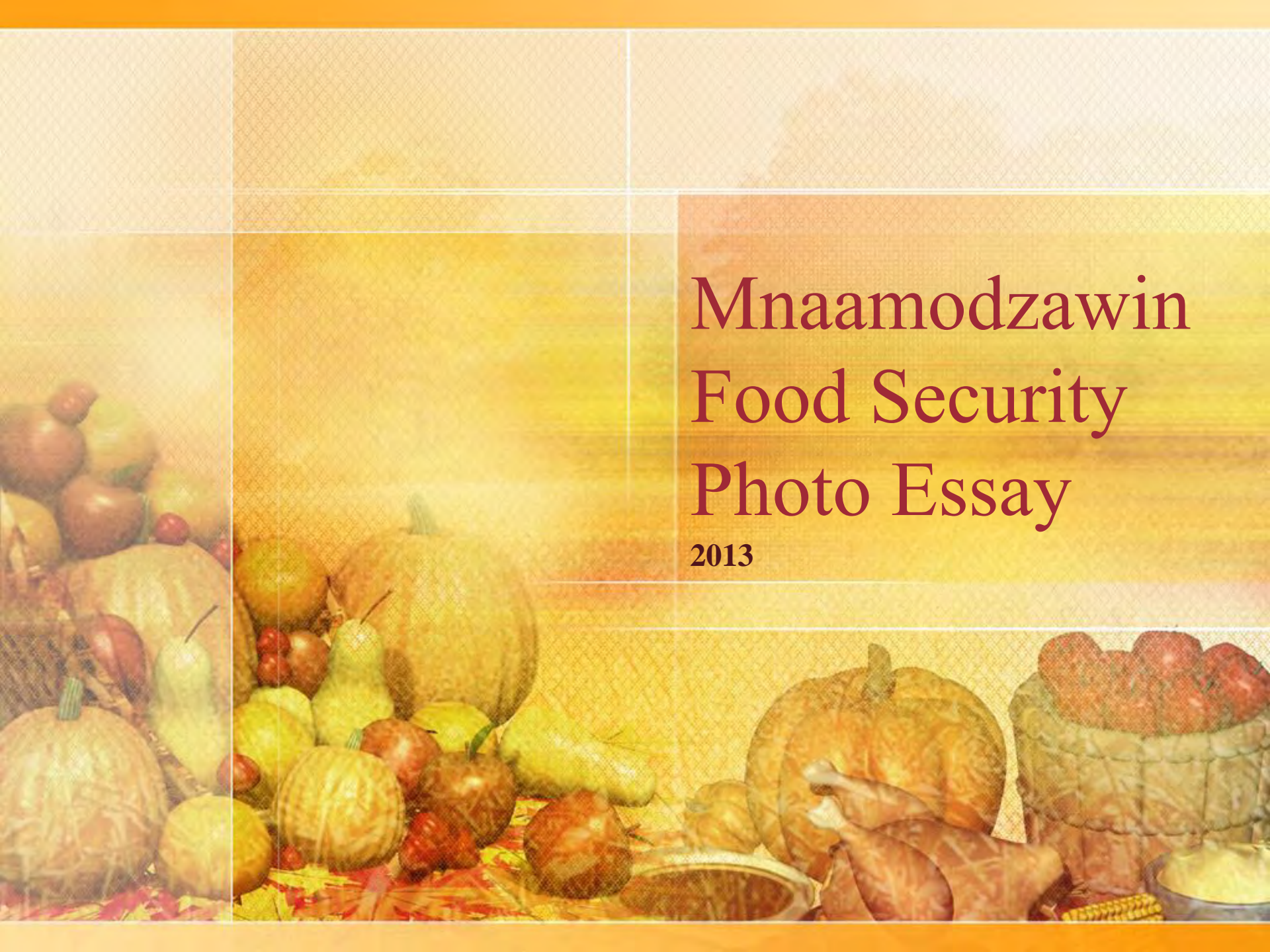
A Traditional Foods Day Feast.

2013 Moose Hunt - Traditional Food



Community members
enjoying the feast.

Mnaamodzawin Health Services



Mnaamodzawin Food Security Photo Essay

2013

Community Garden Event 2013

Community Garden Building

With the support of Zhiibaahaasing FN chief, council, the community, and Mnaamodzawin, a decision was made about how to use ADI food security funding. The consensus was to build a community garden with the community members and they would manage it and grow vegetables for the community to use. The following is our Photo Essay of the phases and accomplishments for the community use of the funds.



Phase 1

How We Built the Boxes

Community members and Mnaamodzawin staff worked together in building four 8ftx8ft boxes with Manitoulin Cedar lumber (top left). We installed the landscaping material to reduce unwanted weeds (top right), added a coarse gravel base which helps with proper drainage (bottom left), and then finally, spread topsoil mixed with organic compost to ensure optimal soil conditions to have good production of multiple vegetables (bottom right).



Phase 2

The Planting

Community members supplied ideas of the types of vegetables they would like to grow in the garden. Seeds and starter plants were purchased and planted by community members.



Phase 3

The Growing and Care

Community members cared for the gardens, weeding and watering it as the growing season advanced. The fence around the boxes is to protect the vegetables from another creature species the “deer”!



Phase 4

The Harvesting

Harvesting was done by community members young and old. The harvested vegetables were picked and eaten by all.



Fruits of the Harvest

A large crop of different coloured zucchinis was harvested and distributed throughout the community.



Phase 5

Cooking and Enjoying the Harvest

A community cooking session was coordinated to promote use of the vegetables from the garden. With the large crop of zucchinis many dishes were created for the community to try and recipe copies were provided with all of them.



Phase 6

Preserve-Making Day

From the planting, harvesting and cooking, community members gathered and did some preserves from the harvested vegetables for future use with their families



Final Products

The community, young and old, participated in the canning of the vegetables and they show off some of their achievements here.





“Let us turn up the beat”
in ADI food security projects in our communities

Map of First Nations Communities in Ontario

