



Food Security Program

Shawanaga First Nation Healing
Centre

Submitted by: Janice Horn, Adult and Seniors Coordinator

Introduction

Shawanaga First Nation Healing Centre used their food security funding for various projects, with the focus being on foods indigenous to the community, ie., wild meat, corn, berries and vegetables.

The attached will show some of the activities that were conducted in the community.

Canning/Preserving

Tomatoes and beets were purchased in bulk, and June Twain from Bear Island was contracted to conduct a canning workshop, and with her guidance we were able to do our own preserving the following year. Cranberries were picked from the local cranberry bog, so we did those up too. Strawberry jam was made from berries that were picked by the Elders and community members from one of the berry farms.

Beets, Tomatoes and Jam



The Veggies



Working the Beets

Two community members, Desire and Pete, elbow deep in beets.



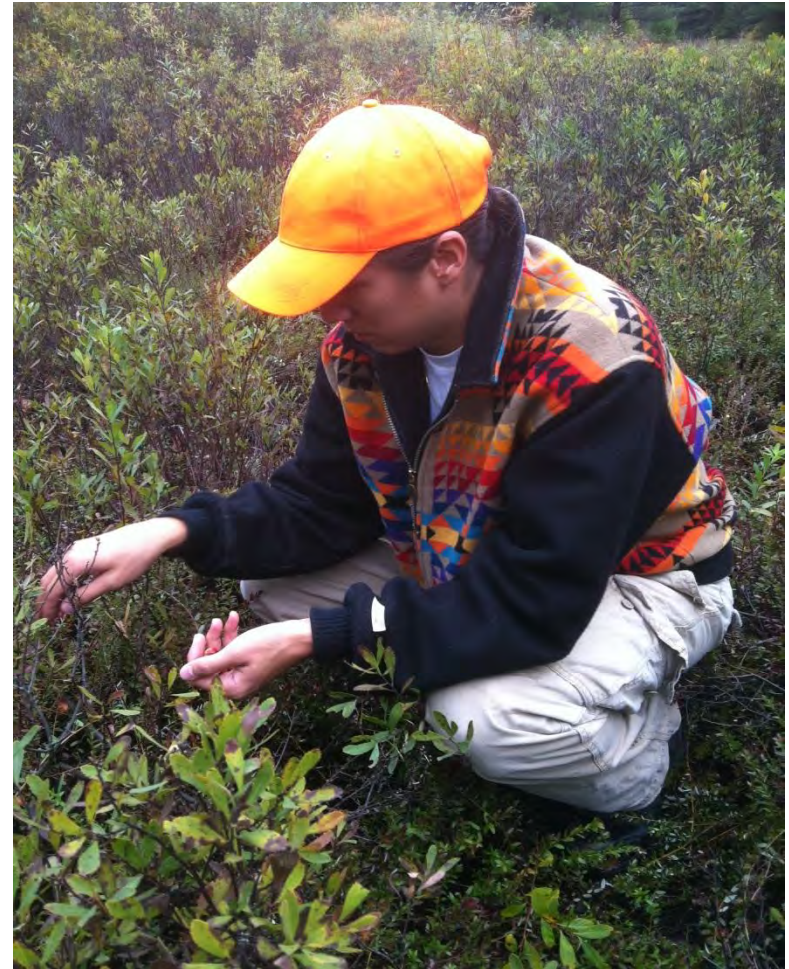
Strawberry Picking



Strawberry Pickers



Cranberry Pickers



Wild Meat

- During the Fall hunt of 2012, the youth hunt camp donated 6 deer for the community. We decided to host a butchering workshop so everyone could see how the meat was processed and packaged. Meat was distributed to the youth who participated in the hunt and to the Elders in the community. Approximately 25 families benefitted from the meat distribution.

Game

The 6 deer donated by the hunters. The program paid for the butchering and wrapping.

A local butcher brought in his equipment and butchered and packaged up the meat.



Cutting up the Meat



The Finished Product



White Corn Cleaning

- A bushel of white “Indian” corn was purchased and a workshop was held to show people how to clean corn the old fashioned way, using ashes from the wood stove.
- Although participation was low, enough was processed for future community use.

(L) Raw white corn – (R) After adding wood ashes



Rinsing the corn

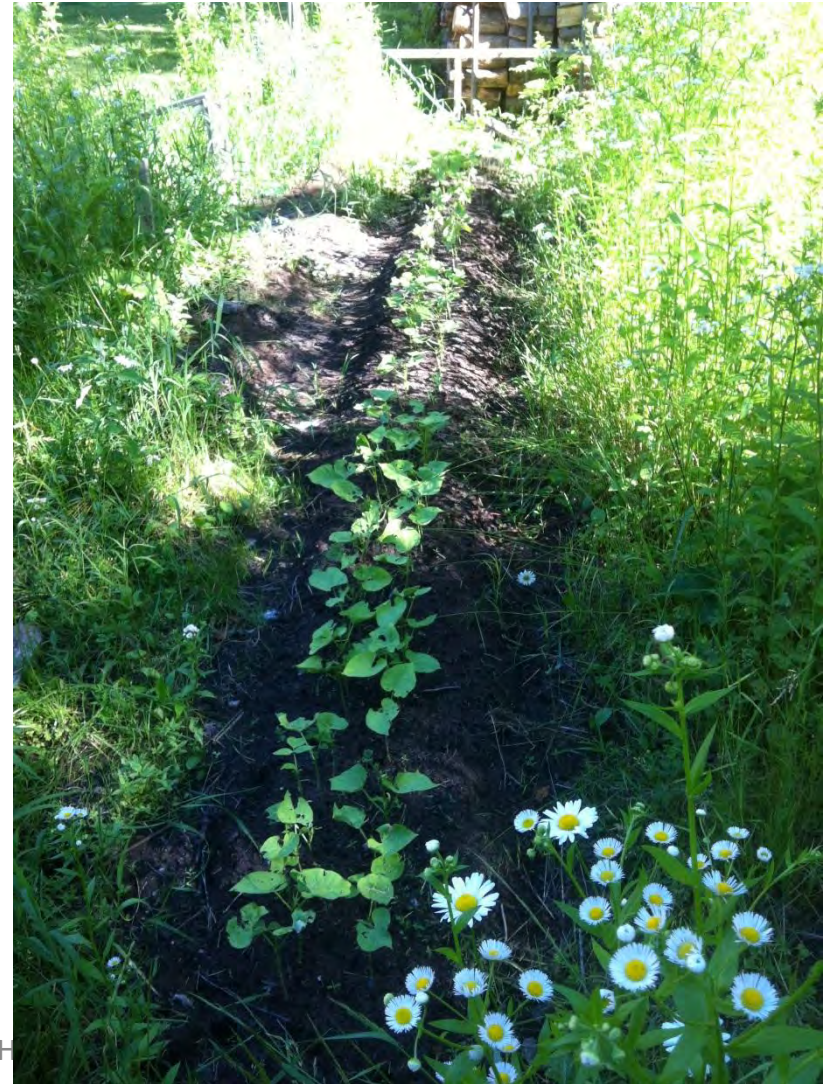
Using an original corn cleaning basket to rinse the corn. The basket is deep and is made in such a way that the eyes and skins will pass through the bottom when being rinsed.



Gardening

- A community garden was planted behind the Healing Centre. Although participation was low, once people saw the progress, interest picked up. The program paid for the tiller, seeds, plants and manure. Assistance was provided to some families in the community to start up their own gardens and here are a few pictures. More are willing to give it a try next year.

Green Beans



Tomatoes and Beans



Picking pole beans/basket of beans



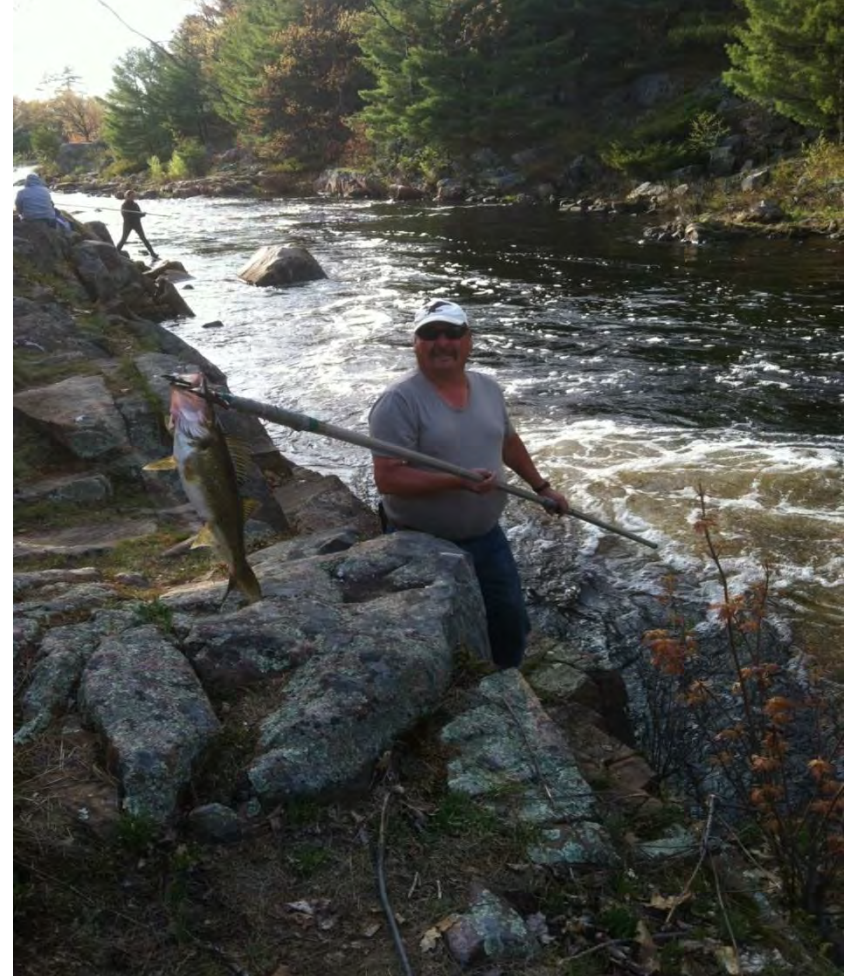
Future Plans - Gardening

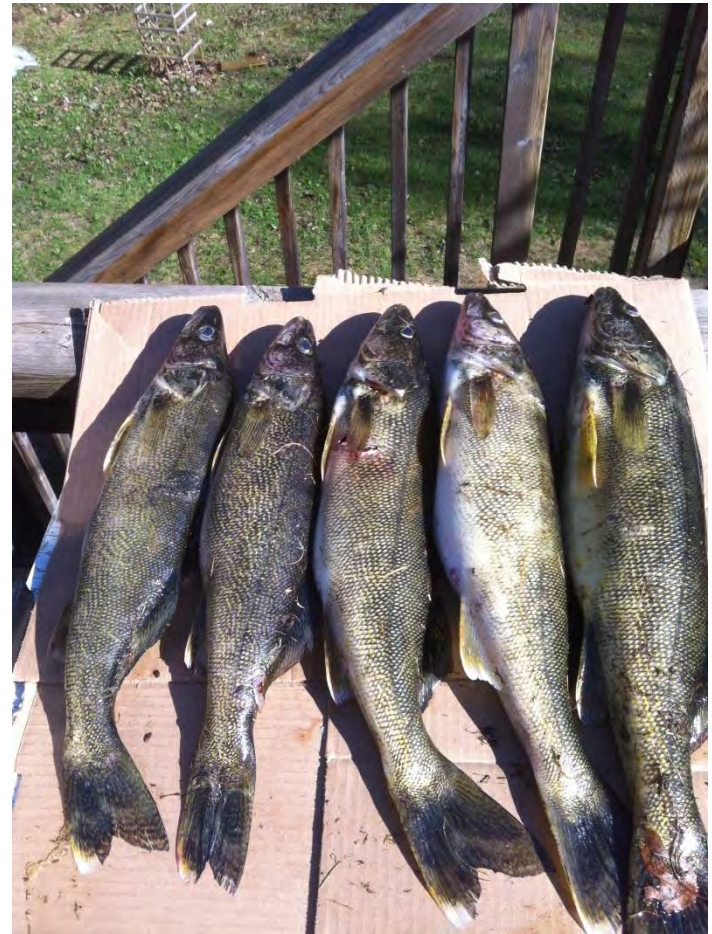
- There is interest from community members to plant their own gardens next year. Seeds, plants, dirt, and manure will be provided to those who want to give it a try. Seedlings will be started in the spring.
- The Healing Centre community garden will focus more on tomatoes, beets, beans, potatoes, and easy growing produce for next year. This will help to cut down on costs at canning time.

Future Plans – Fish Harvesting

- It is our intent to hold a one week fish camp during the pickerel run/spawn. This takes place during the month of April. This fish camp will not only teach the youth how to spear, but to clean package and to become aware of conservation activities going on at the river. This also provides fish for their families.
- I've attached a few pictures from my personal files.

Fishing Camp Pics





Shawanaga First Nation Healing Centre

Nia:wen Kowa/Miigwetch

- On behalf of the Shawanaga First Nation Healing Centre, we appreciate the contribution towards Food Security.
- With this financial assistance we will strive to help our community to attain the goal where every family has an adequate, healthy food supply!