



# NORTHERN FOOD NETWORK

## *Webinar Series: Core Themes on Northern Food Security*



Arctic Institute of  
Community-Based Research  
For Northern Health and Well-Being



*Co-hosted by the Arctic Institute of Community-Based Research and Food Secure Canada*

**Webinar 1: February 27<sup>th</sup> 10 – 11 am (PST)**

*The webinar will begin at 10:00 am PST. All participants' audio & video capabilities are turned off.  
Please take a minute to fill out the polls while you wait!*



# Welcome to the Northern Food Network Webinar!

- *Northern Food Network* - a space for Northerners and Southerners to network, share lessons learned & plan collectively for action on key issues of northern food security
- Bi-monthly webinars focused around some core themes: **health, environment, agriculture, and food security** with guest speakers from across Canada's North
- *Focus:* Lessons rooted in and from the North that can contribute to informing an equitable, sustainable and relevant national food policy

More info & background on the NFN  
<http://www.aicbr.ca/northern-food-network>



A Welcome - On behalf of Food Secure Canada (FSC) and the Arctic Institute of Community-Based Research (AICBR) by  
Norma Kassi, Vuntut Gwitchin citizen,  
AICBR Co-founder & Director of Indigenous  
Collaboration, and previous board  
member of FSC





# Moderators:



## Molly Pratt

Communications and  
Research Coordinator,  
Arctic Institute of  
Community-Based  
Research



## Amanda Wilson

National Food Policy, New  
Farmers & Northern Food,  
Food Secure Canada;  
Post-Doctoral Fellow at  
Lakehead University

# Agenda:

Feb 27<sup>th</sup>, 10:00-11:00am PST

## 10:00-10:10 **Introductions**

## 10:10-10:40 **Guest Presentations:**

- Dexter MacRae & Darren Bullen, Tr'ondëk Hwëch'in First Nation Teaching and Working Farm
- Kukik Baker, Arviat Wellness Centre

## 10:40-11:00 **Q&A**

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## 11:00-11:30 *Optional Discussion and Network Next Steps*

*\* updates from Food Secure Canada on  
National Food Policy*



# Who We Are: Arctic Institute of Community-Based Research (AICBR) & Food Secure Canada (FSC)



Arctic Institute of  
Community-Based Research  
*For Northern Health and Well-Being*

AICBR is an independent, non-profit research organization founded in 2007 by Northerners and based in Whitehorse, Yukon.

Established to build research capacity in the North & advance progress on northern health priorities; our current work focuses on food security & climate change adaptation, healthy lifestyles and intersectoral collaboration

Connect:



[www.aicbr.ca](http://www.aicbr.ca)



**FSC**  
Food Secure Canada

Food Secure Canada is a pan-Canadian alliance of organizations and individuals working together to advance food security and food sovereignty through three interlocking goals: zero hunger, healthy and safe food, and sustainable food systems.

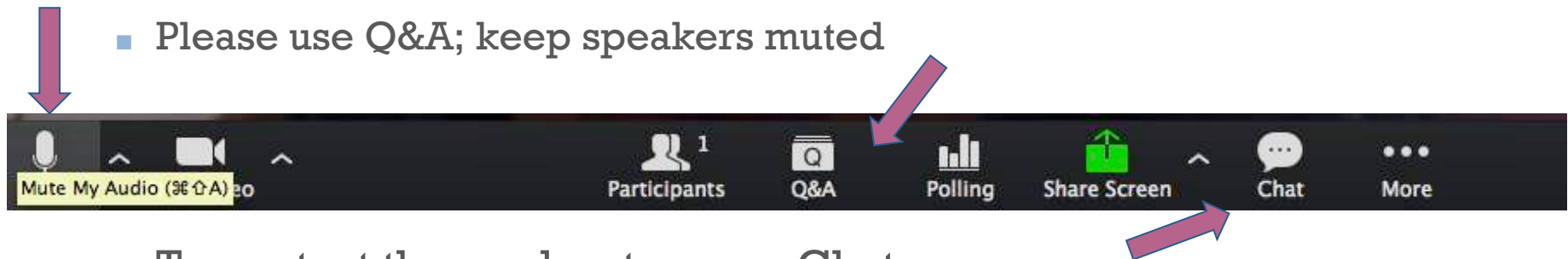
Connect:



[www.foodsecurecanada.org](http://www.foodsecurecanada.org)

# + Connectivity & Technical Info

- To pose a question to the panelists:
  - Please use Q&A; keep speakers muted



- To contact the moderators use Chat
- Contact for technical inquiries:  
[community@foodsecurecanada.org](mailto:community@foodsecurecanada.org)
- This info is contained in the email sent to participants

# + Introductions – Poll

Q: Where in Canada are you located?



+

# What sector do you work in?

Government

Community

Non-governmental  
Organization

University /  
Academic

Private Sector

Other





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What issue is your main focus?

Environment

Education

Health

Agriculture

Food Security

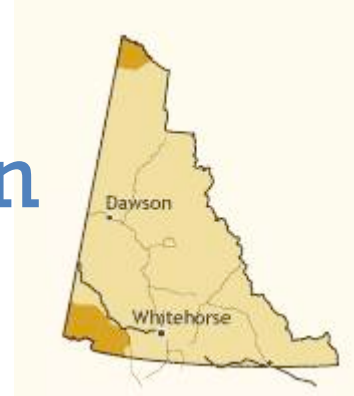
Other







# Presenters – Dawson City, Yukon Dexter MacRae & Darren Bullen



<https://klondikekates.ca/>



**Dexter MacRae** is currently on contract with the Tr'ondëk Hwëch'in (TH) self-governing First Nation in Dawson City, Yukon as Director Human Resources and Community Training Department, where he directs operations of human resource management & capacity-building within government and citizens at large. Dexter has a Masters of Business Administration and has earned 28 years' experience in a variety of positions within post-secondary education and industry primarily associated in capacity development initiatives. He is the Tr'ondëk Hwëch'in lead on the TH Teaching and Working Farm project.



**Darren Bullen** is currently employed with the Tr'ondëk Hwëch'in (TH) self-governing First Nation. He has worked the past 6 years with Tr'ondëk Hwëch'in's Natural Resource Department as a Land & Resource Officer and 3 years on TH Council. He holds two main portfolios, the Tr'inke Zho Childcare Center and the Department of Human Resources & Community Training, where he had the opportunity to join the Teaching and Working Farm steering committee. Darren Bullen was born and raised in Dawson City, and comes from the Crow clan.

# Tr'ondëk Hwëch'in Teaching and Working Farm

Nän käk nishi tr'ënòshe gha  
hëtr'oho□h'a□y

On the land we learn to grow our food





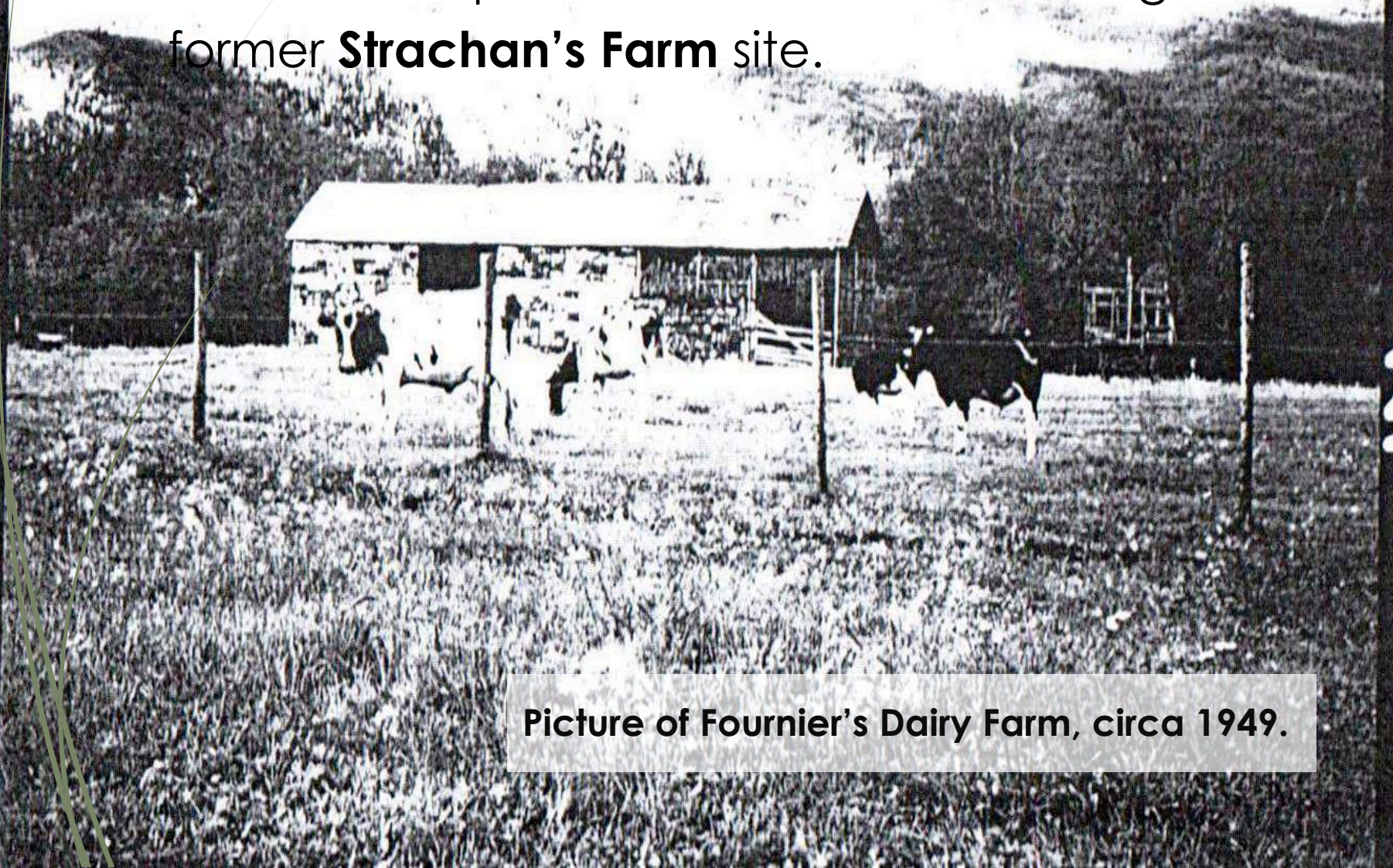


# A Dream

- Preserve a way of life that is based upon an economic and spiritual relationship with the land;
- Secure a source of fresh produce and other food staples in a sustainable way within TH traditional territory;
- Create a healthy, healing, safe and rewarding “on-the-land” environment upon which for all TH citizens can learn and work;
- Access directed learning in agriculture and all the associated operational aspects and requirements including:
  - Support for the return of indigenous plants and shrubs important to the sustenance and healing traditions and culture of TH;
  - Support for the preservation, maintenance and production of indigenous plants and shrubs important to the sustenance and healing traditions and culture of TH;
  - Secured farmed sources of traditional and non-traditional meats;
- Help to promote a source of training opportunity for trades skills development;
- Develop plans for selling excess product to the general public as a source of revenue and sustainability for the farm.



Several areas of settlement land were identified as potential farm sites, including the former **Strachan's Farm** site.



Picture of Fournier's Dairy Farm, circa 1949.



# September 2014

## From dream towards reality

Tr'ondëk Hwëch'in and Yukon College formed a **partnership**, signing a formal Memorandum of Understanding (MOU) to **develop a farming initiative**:

- **sustainable**
- **year-round**
- **on traditional territory within the Dawson region.**



# TH Farm – a Path to Success

## Investing in People

- Earn good wages
- Learn about sustainable farming
- Live and work in a healthy environment on the land
- Learn a variety of skills
- Pursue personal goals

## Increasing Food Security

- Last season produced:
  - About 3 tonnes of potatoes (more than 6000 pounds!)
  - About 3000 pounds of carrots
  - Plus beets, turnips, kale, cauliflower, zucchini and corn;

## Bringing the Community Together

- The Farm project has attracted widespread support:
  - Within the Tr'ondëk Hwëch'in community
  - Within the Dawson community
  - Within the Yukon community.



# 2015 Pilot





# Heritage





# Heritage





**Our Project Plan envisioned that within five years, infrastructure would be built, and about 22 acres would be in production:**

- 16 acres for vegetables
- Greenhouse operations
- 5 acre berry patch
- 1 acre for public school programming
- Ranging space for poultry
- Ranging space for pigs
- A Classroom space
- Living accommodations
- Cooking facilities
- Produce prep and storage
- Equipment storage



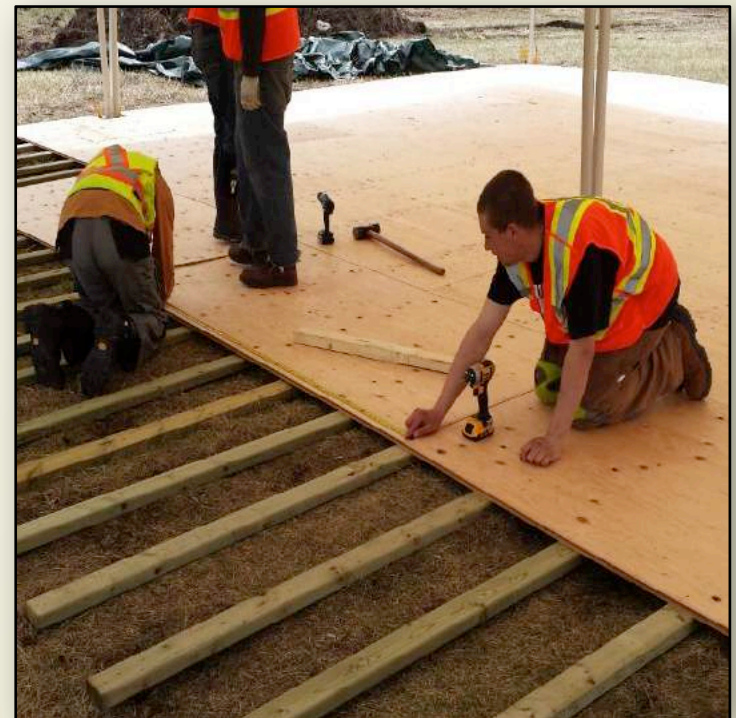


# 2016 Season

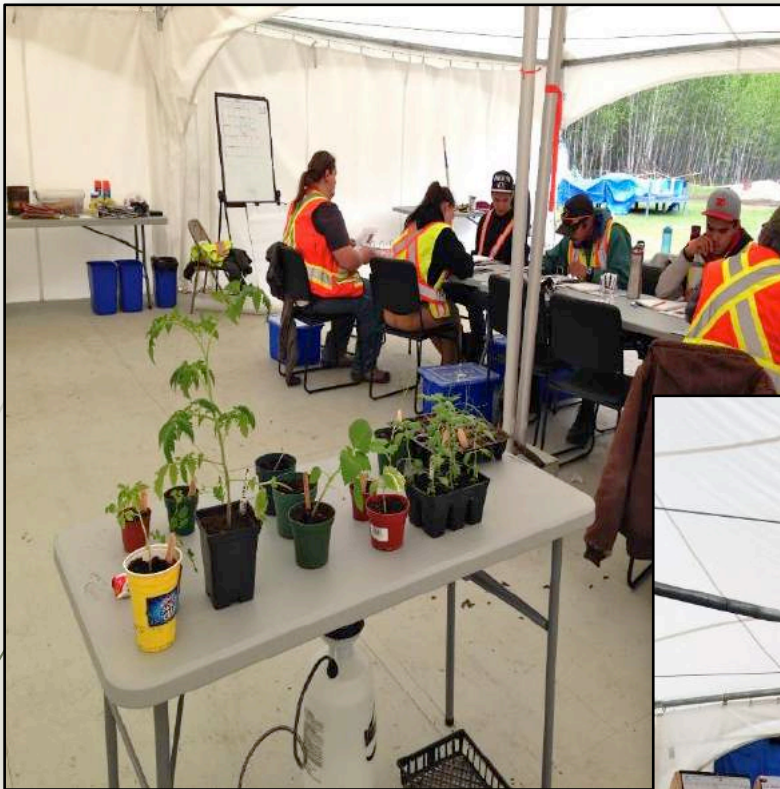




- A 40 x 40 ft classroom tent was set up, with a wooden floor, electricity and internet access

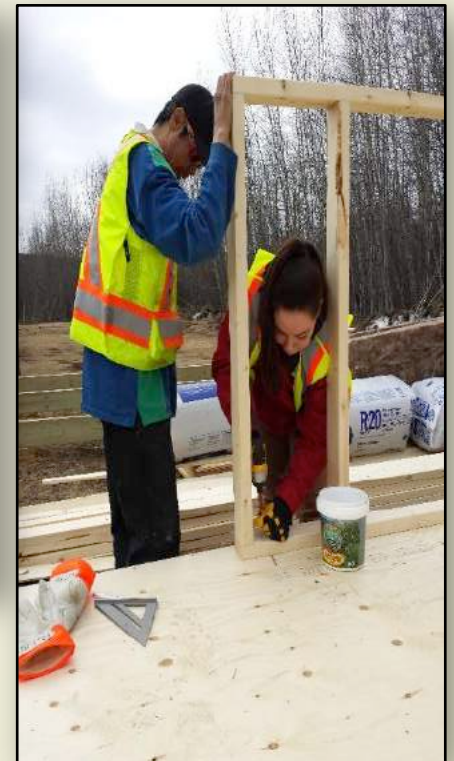


# TH Farm School

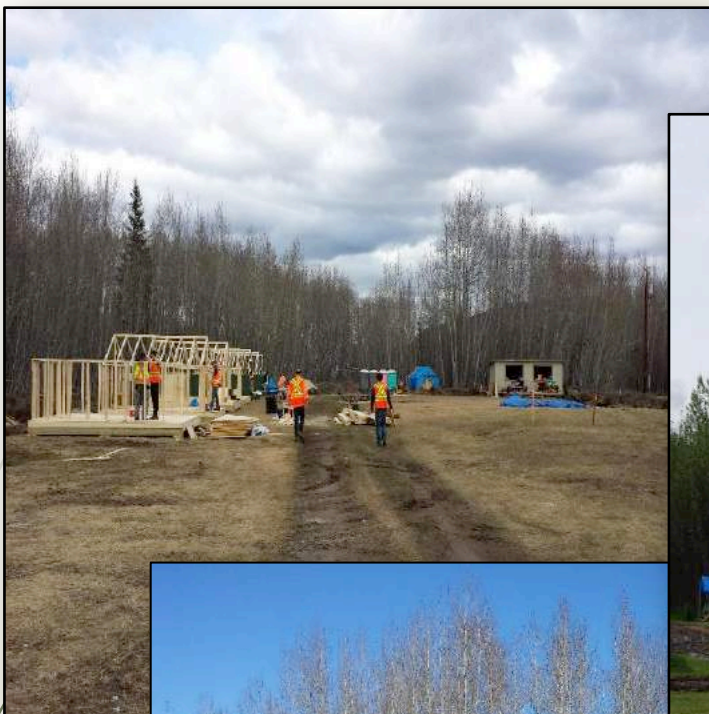




- 12 wall tents were built and electrified







- A facility with washrooms, showers and laundry was installed.





- About 3 acres of additional ground was prepared, planted and harvested











- Yukon College secured and contributed officials to develop the curriculum and assist with teaching
- Farm machinery and equipment arrived, including a tractor, plow, rototiller.







# Looking ahead: Summer 2017 & beyond

**The farm will need about 50 acres to reach full development:**

- ☐ an irrigation system
- ☐ facilities for processing and preserving vegetables
- ☐ barns and fenced yards for livestock
- ☐ roads and trails
- ☐ permanent classrooms
- ☐ living quarters
- ☐ meeting and Assembly spaces
- ☐ a space for northern farming research.



**TH  
Farm**

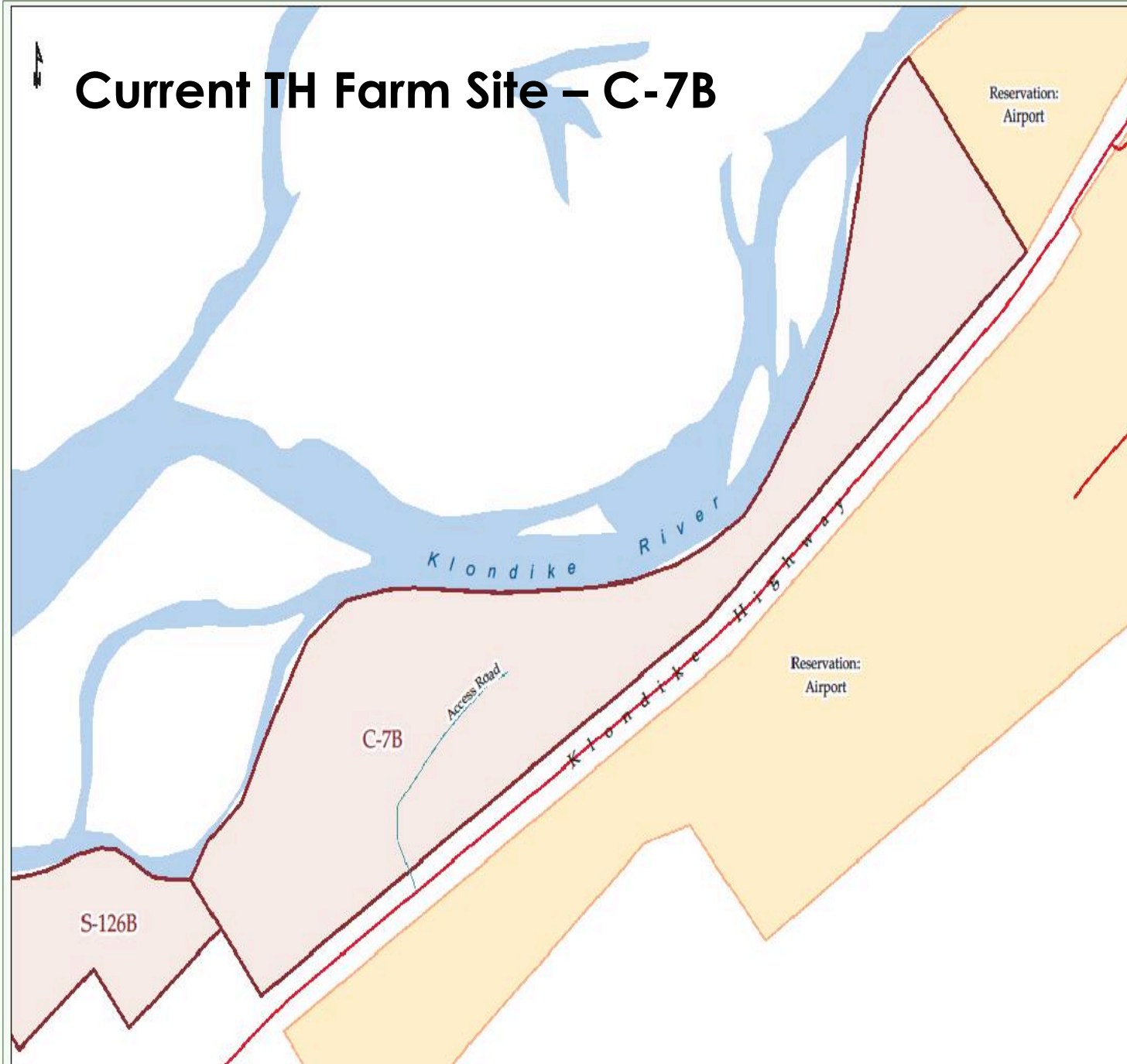
***Then***

**&**

***Now***



# Current TH Farm Site – C-7B



Strachan's Farm

1:5,233

- Access Road
- Settlement Land
- YG Disposition



Projection: UTM Zone 7  
Datum: NAD83  
Coordinates are in meters.

DATA SOURCES:  
Imagery: GeoEye (YTG)  
Settlement Lands: CCCM (NRCAN)  
Permits: Geomatics Yukon (YTG)  
Topography: CANVEC (NRCAN)

Map created 24 June 2014

© Lands & Resources Department,  
Yukon Government  
Tel: (867) 667-7300

10/10/14



A photograph of a sunflower field with a forest in the background. The sunflowers are in various stages of bloom, with bright yellow heads and large green leaves. The background consists of a dense forest of tall, thin trees under a clear blue sky. An orange arrow-shaped graphic points to the right in the top left corner.

**~ Mähsi cho ~**



# Presenters – Arviat, Nunavut

## Kukik Baker



Kukik Baker works as a Child & Youth Outreach Worker for the GN Department of Health.

She helped establish the Arviat Wellness Centre and is a founding member of the Aqqiumavvik Society.

Kukik has organized most of the exemplary youth programs in Arviat including the Summer Day Camp, the Young Hunter's Program and the Youth Monitoring Program.

She holds a youth forum annually where youth are able to explore topics relevant to them.

Through her volunteer work she supports community research, healing initiatives and community engagement.





# Arviat Food Security Community-driven Research



Arviat Wellness Centre

Aqqiumavvik Society

Feb.27<sup>th</sup>, 2017





# Who is food insecure?

Research funded by Climate Change & Health Adaptation, FNIB

- Determinants of food insecurity among Inuit women in Arviat, Nunavut: the role of climate change and multiple socio-economic stresses
- Dr. James D. Ford, Assistant Professor/Maude Beaumier, MA candidate  
Dept. of Geography, McGill University
- Vulnerable women
- Photo voice and in-depth interviews
- Trained 2 RAs
- What role does climate change play in affecting the food security of Inuit women in the Canadian North: A case study from Arviat, Nunavut. Polar Record, 2014.

## New Questions:

1. Why are children not eating country foods?
2. Why do women say country food is “free”?





# Why are children not eating country foods?

Research funded by Innovation Strategy. Healthy Weights, PHAC

Kg/m<sup>2</sup>

Times reported

22.2 x/ week

18.7 x/ week

8 x/ week

10.2 x/ week

2.5 x/ week

- Partnership with UofA
- Nutrition profiles for 6-12 yr olds
- Exposure to healthy eating information/country foods/fitness challenges
- Kids as message carriers & advocates
- Community campaign to address food myths/weekly radio shows/surveys
- Young Hunters' Program
- Community cooking program
- Culture of Cooking (youth program)





# Why do women say country food is “free”?

Research funded by Climate Change & Health Adaptation. FNIB



- What are the cultural definitions of sharing?
- What does sustainable harvesting look like? What are the issues today?
- How healthy is our caribou herd?
- How can we make better use of country food/preservation/freezers?

## New questions:

1. What can replace caribou in our diet?
2. What else can we harvest from the land?
3. What potential does climate change have for us?



# What can replace caribou in our diet?

Northern Contaminants Program  
WWF/Loblaws Water Fund

- Muskoxen are returning but still protected
- Beluga are predicted to increase in numbers due to warming Hudson Bay waters
- **Tukisinirlungniq: Understandings of the Risks and Benefits of Consuming Beluga in Arviat, NU**
- Nasivvik Centre for Inuit Health and Changing Environments
- **Water quality and fish safety monitoring in the Keewatin Watershed of Arviat, Nunavut**
- ArctiConnexion, GNDoEnvironment, consortium of university research partners







# How healthy are our animal populations?

Research funded by Climate Change & Health Adaptation, ArctiConnexion

- Necropsy training and monitoring
- Component added to all YHPs
- University partners support us by providing analysis
- Engage Elder experts





# What else can we harvest from the land?

Climate Change & Health Adaptation. FNIB



- Partnership with UBC
- Monitoring quantities locally available
- Potential uses/preservation/consumer acceptability
- Potential for cultivation as a crop
- Monitoring changes in growing season
- Developing recipes/promoting uses







# What potential does climate change have for us?

Research funded by Climate Change & Health Adaptation

- Arviat Goes Green Facebook page
- Small research greenhouse/soil research
- Composting
- What grows quickly and produces quantity?
- Monitoring/training
- Promoting eating green & fresh
- Adopt a growbox
- Shared harvesting: Thursday afternoon





# Youth Monitor Training

Funded by Climate Change & Health Adaptation, ArcticNet, DoEnvironment

- Permafrost/safe land use
- Water quality and fish health
- Animal health
- Weather & ice monitoring
- Harvesting calendars
- After school monitoring club
- Arviat Harvesters/Facebook







# Young Hunters' Program

Funded by Movember Foundation through Qaujigiartiit Health Research Centre (QHRC)



- Curriculum developed by Elders
- Designed to train sustainable and respectful harvesters
- Open to all by age groups
- Operates skills training sessions after school
- Harvesting trips: 1 -2 days or week-long
- Delivered by 2 adult instructors & Elders
- Role models & mentors
- Very positive mental health indicators for participants





# After School Club

- Training in observation & monitoring
- Maintaining composting/ grow stations
- Sharing information to the public





# All About Warm Farming

## What is worm farming?

Worms eat old food that we are just throwing away. They turn it into soil that we can use to grow plants. They make good rich soil.



## Why are we doing it?

We want to grow food in Arviat because fresh food is healthier and tastes better.



## What are we learning from this?

We are learning more about science and how to measure and to watch what is happening. We want to learn how to grow plants by providing what they need like rich soil.



We want to get food out of the dump because it just brings polar bears.

Worms can really help us if we feed them properly and take care of them well.

# Our Greenhouse

## What is greenhouse?

The greenhouse is about growing healthy food, and plants like flowers.



## Why are we learning this?

We are learning this because we will know in the future how to grow plants in our own at home.

[www.arviatwellness.ca](http://www.arviatwellness.ca)



## Why do we have a greenhouse in Arviat?

We want all kids to learn more about growing healthy foods. We also want the community to eat more healthy foods not fast foods.







# Youth Media Team

Funded by Innovation Strategy, PHAC; CICH & Coke Foundation;  
Climate Change & Health Adaptation; ArcticNet

- Communication strategy is to train youth as message carriers
- Focus on visual and oral communication
- Build skill set in transferrable skills
- Focus on messages as KT
- Model for research & KT





- Facebook: Arviat Goes Green
- Facebook: Arviat Harvesters
- [www.arviatwellness.ca](http://www.arviatwellness.ca)

## Next steps:

Formalize Elder knowledge

Keep talking Climate Change & adaptation

Keep Facebooking: Arviat Goes Green & Harvesters

Youth Culture of Cooking – fresh and local

Atii (Young Hunters) – train others



Contact us : [arviatwellness@gmail.com](mailto:arviatwellness@gmail.com)





# Question & Answer Period

Please write your questions in Q & A box



# + Post Webinar Meeting: Northern Food Network Discussion and Next Steps

National Food Policy Updates



# + National Food Policy

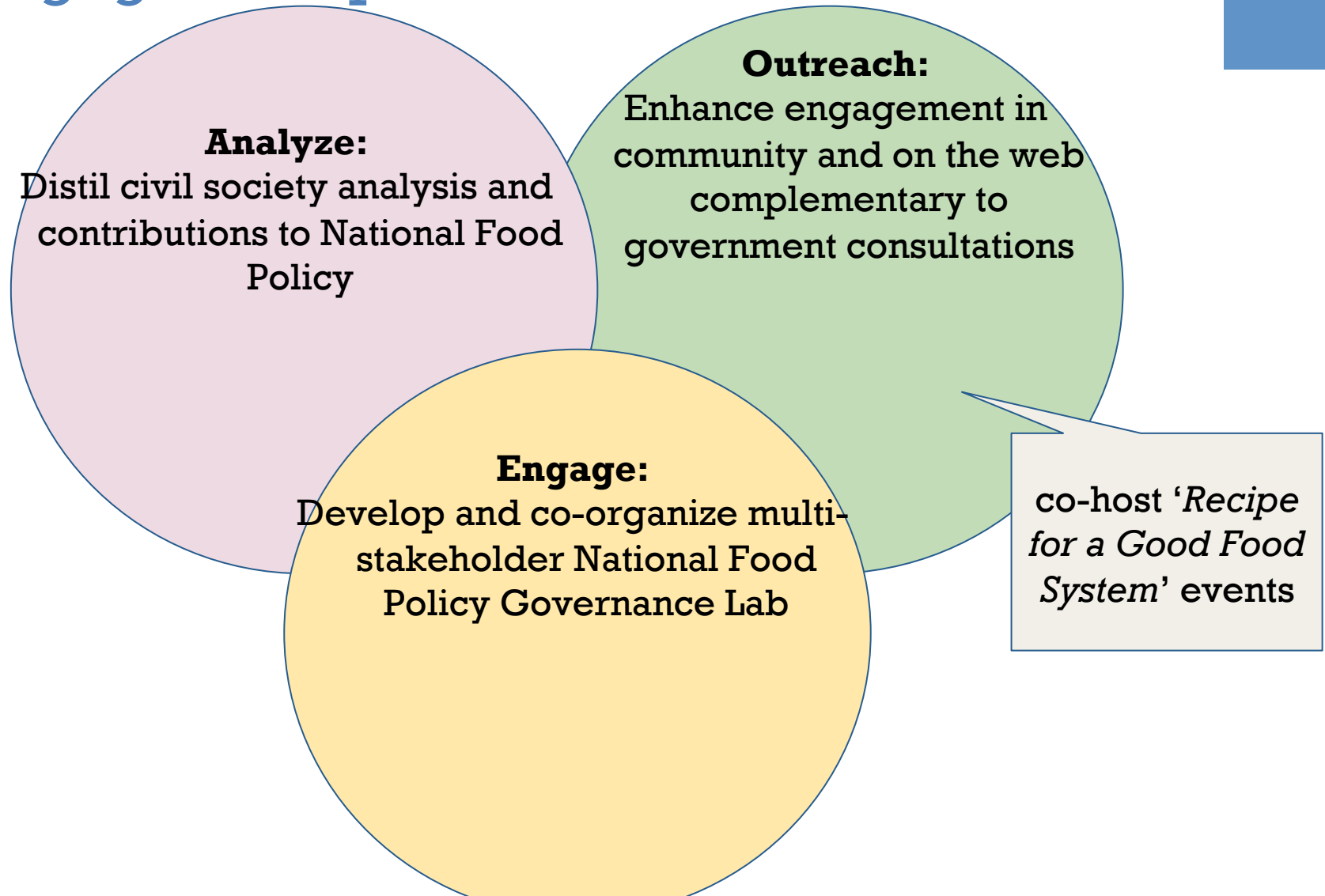
- Federal Government is moving ahead with development of a National Food Policy, led by Agriculture and Agri-foods Canada, in collaboration with other departments
  - Will likely start consultation process Spring 2017
  - Key Pillars set by govt:

Food Security	Health
Environment	Inclusive growth in agri-food sector

- Important that civil society mobilize to ensure NFP reflects our priorities and is not 'business as usual' approach to policy-making
- Food Secure Canada is developing an engagement, and seeking financial support from Canadian gov't and partners to implement



# Overview of FSC's national food policy engagement plan







# Partnership Opportunities



## **Investors**

- Financial Contribution
- Sign-on to core interconnected goals of zero hunger, healthy and safe food, and sustainable food systems

## **Collaborators**

- Co-sponsor a “Recipe for a Good Food System Event”
- Participate in policy analysis

## **Supporters**

- Sign letter of support
- Share information within your networks



# How can we ensure Northern input into NFP?



Possible ideas....

- Northern Food Network working group on National Food Policy?
- Webinar?
- Joint letter of support?

Next Steps and Next Meeting  
*end of April*





## + Contact Information

### **NFN Coordinators:**

- Molly Pratt ([molly@aicbr.ca](mailto:molly@aicbr.ca))
- Amanda Wilson  
([community@foodsecurecanada.org](mailto:community@foodsecurecanada.org))

### **Sign-up for Network:**

[https://foodsecurecanada.org/  
community-networks/northern-remote-  
food](https://foodsecurecanada.org/community-networks/northern-remote-food)

### **Upcoming webinars:**

[http://www.aicbr.ca/northern-food-  
network](http://www.aicbr.ca/northern-food-network)