

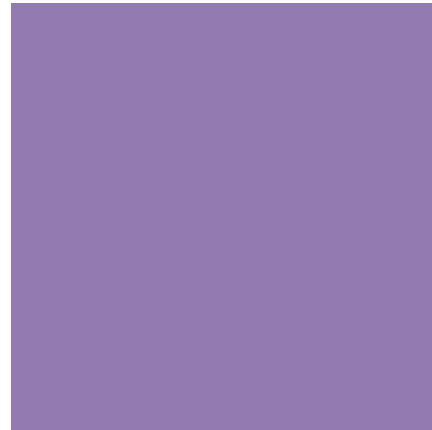


NORTHERN FOOD NETWORK

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 3: June 19th 10 – 11:30 am (PST)

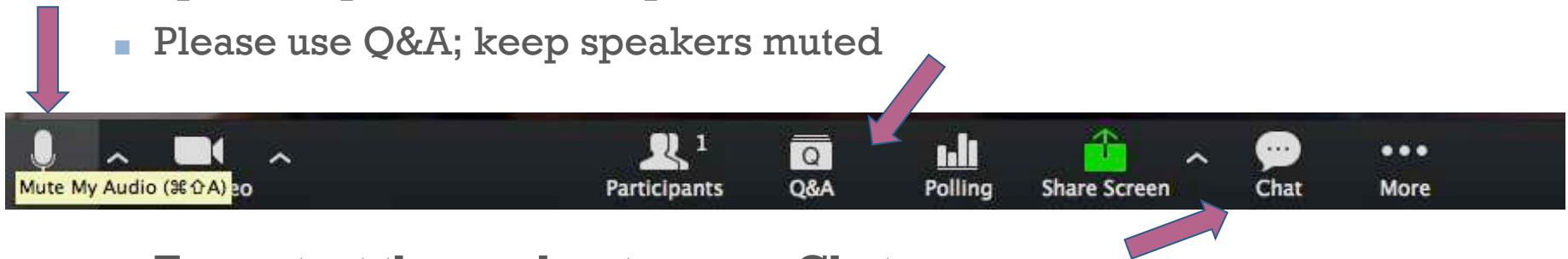
*The webinar will begin at 10:00 am PST. All participants' audio & video capabilities are turned off.
Please take a minute to fill out the polls while you wait!*



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
- *Please introduce yourself and where you're joining us from in the Chat*



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:

June 19th, 10:00-11:30am PST

10:00-10:10 **Welcome & Introductions**

10:10-10:30 **FSC Presentation: *The Who, What, When, Where & How of National Food Policy in Canada***

- Amanda Wilson, Food Secure
Canada

10:30-11:20 **Guest Presentations: *Growing Food & Community in NWT***

- Emily Mann, Inuvik Community
Greenhouse
 - Q&A
- Kim Rapati, Northern Farm
Training Institute
 - Q&A

11:20-11:30 **Wrap-up & Next Steps**



Welcome to the 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: Around core themes: *health, environment, agriculture, and food security* with guest speakers from across Canada's North



Connect:



www.foodsecurecanada.org



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

Connect:



www.aicbr.ca

What is Policy?

What?

There are different ways to look at policy...

Simple definition: “Policy is a plan of action used to set out clear rules and expectations for the delivery of programs and services to the public.”

Policy is literally in everything that we do - *it affects the:*

- ***food we eat*** - *How food is harvested, distributed, where it's sold to;*
- *the safety of our **water systems**; and the*
- ***air we breathe*** - *monitoring air emissions*

A National Food Policy

Why?

At present, food system has many contradictions and challenges
Food insecurity (esp Northern + Indigenous), food waste, diet-related disease,
farm renewal, GHG emissions, public trust

Current Policy approach not working:
patchwork of policies, programmes, within multiple
departments and jurisdictions
“single-issue” and short-sighted

We need food policy coherence that recognizes how these issues are related to one another; and a set of core values and principles to provide overarching guidance Canada's food system.

A
**FOOD POLICY
FOR CANADA**

Let's build it together



Four Themes:

increasing access to affordable food;
improving health and food safety;
conserving our soil, water, and air; and
growing more high-quality food.

Government Policy-Building Process

Who?

Interdepartmental Committee, led by Ag Canada

When?

Launch of Consultations

Online Survey: May 29-July 27

<https://www.canada.ca/en/campaign/food-policy/have-your-say.html>

National Food Summit: June 22-23

Regional in-person roundtables, MP events : late summer

Policy Development Timeline: Early 2018

Five Big Ideas for a Better Food System

A Proposal from Food Secure Canada on National Food Policy



Right to Food



Healthy and
Sustainable Diets



Sustainable
Food Systems



Food and
Reconciliation



More Voices to
the Table

How can we best leverage and support Northern voices in the National Food Policy Consultation process?

Complete the Gov't survey

Write your Member of Parliament

Conference Call Discussion over July/August?

Potential in-person event(s) in Yellowknife and Whitehorse?

Last call for Northern working group on NFP

+ Presenter – Inuvik, Northwest Territories Emily Mann



<http://chavs.tk/inuvik-canada-map/>



Emily Mann is the Coordinator of the Inuvik Community Greenhouse in the Northwest Territories. Her work focuses on education, community outreach, membership coordination, plant orders and sales. She keeps the plants happy and healthy and organizes vegetable harvests for markets and the greenhouse's shared harvest program. Emily recently completed her Masters degree in agriculture and food security, and loves to preserve food, wrangle chickens, save seeds, and eat the reindeer chili that is served from a school-bus-turned-restaurant in Inuvik.



Growing food & community in the Beaufort Delta

Inuvik Community
Greenhouse

Emily Mann – Coordinator



Inuvik Community Greenhouse







Small Scale Foods Program (2016-2017)

- Aklavik
- Fort McPherson
- Paulatuk
- Sach's Harbour
- Tsiigehtchic
- Tuktoyaktuk
- Ulukhaktok





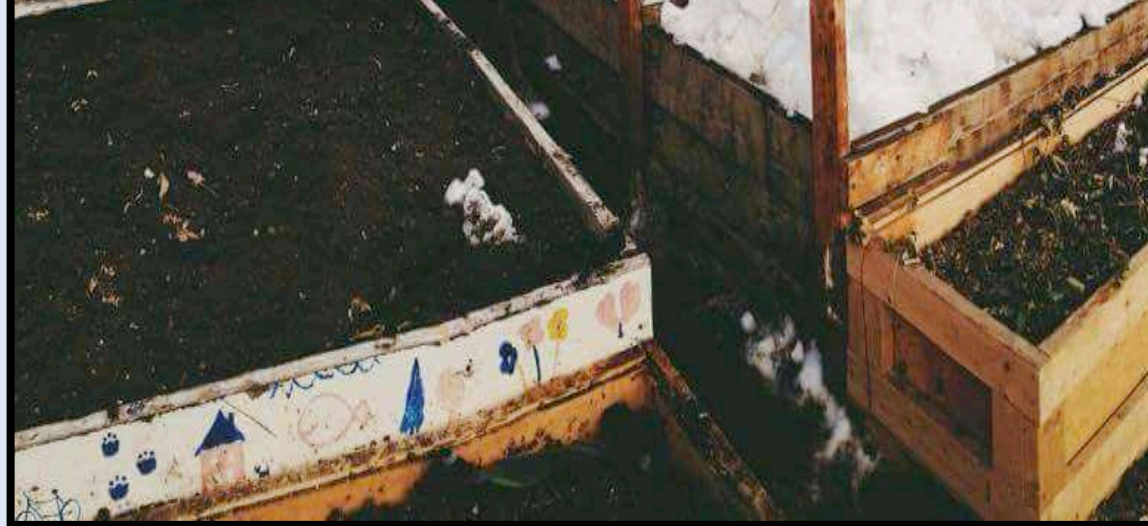
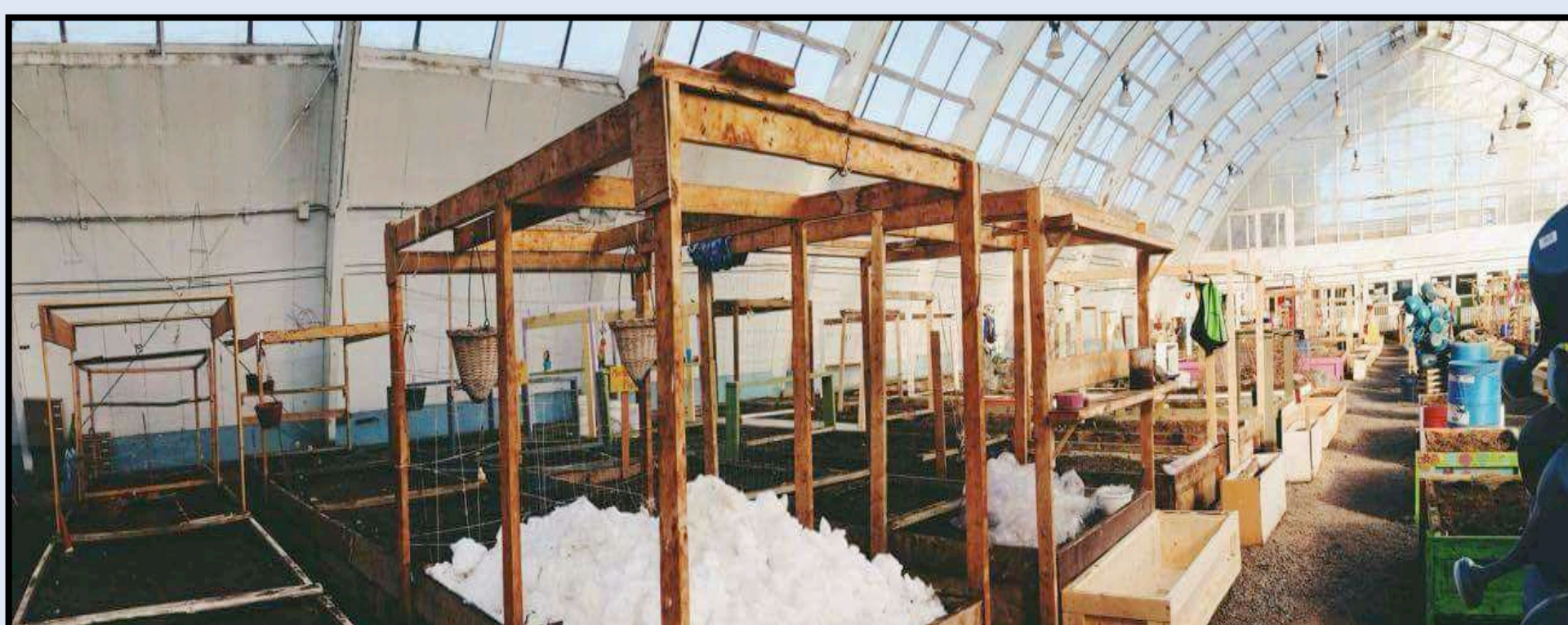
Arctic Community Greenhouse Coordinator Internship (2017)















Question & Answer

Please write your questions in Q & A box

+ Presenter – Hay River, Northwest Territories

Kim Rapati



<http://ca.epodunk.com/profiles/northwest-territories/hay-river/2000970.html>

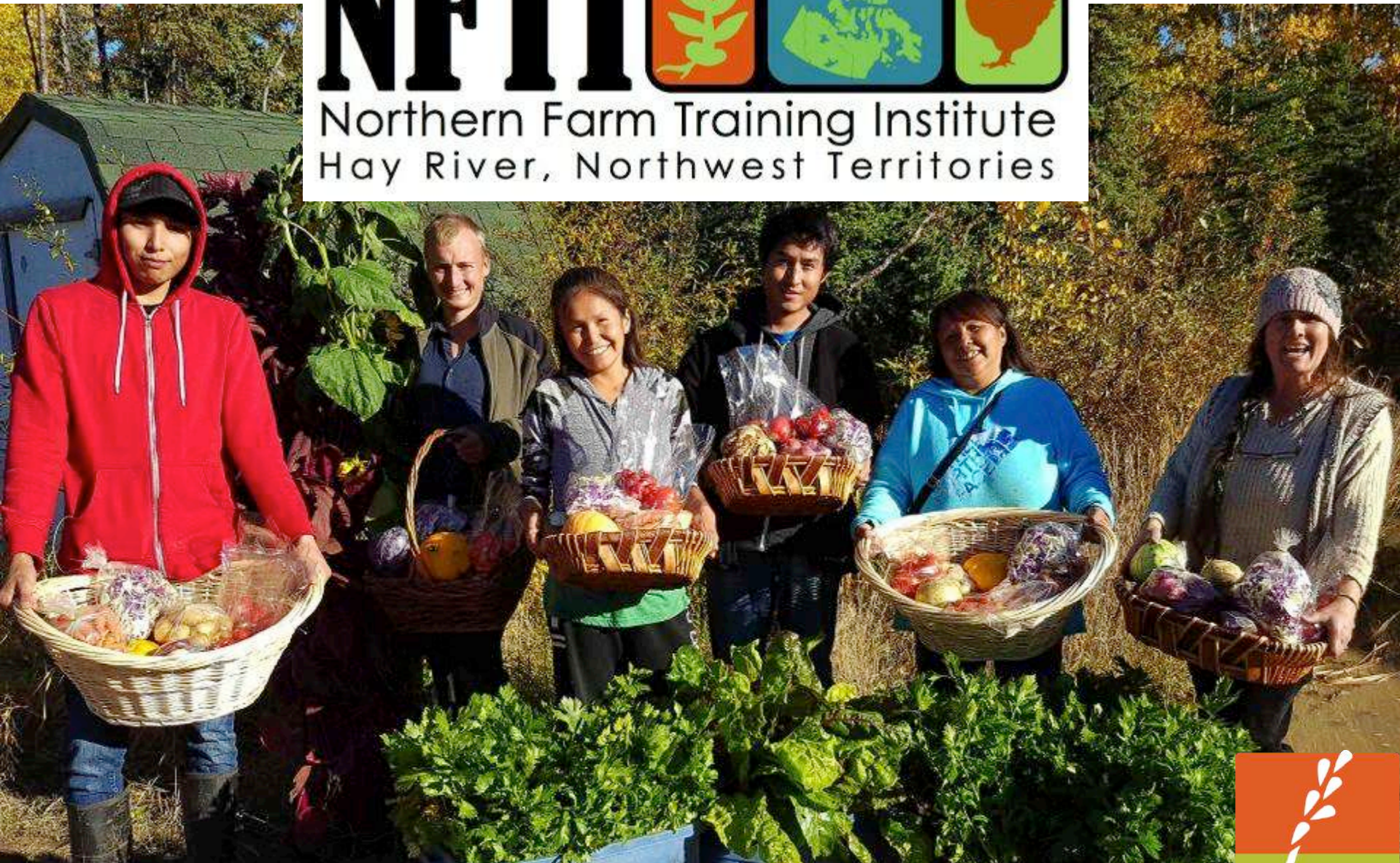


Kim Rapati helped create the Northern Farm Training Institute with Jackie Milne in 2013 and has over seven years of experience in the NWT working previously in community mapping, waste reduction and outdoor education. Kim has honours degrees from Lakehead University in Geography, and Outdoor Recreation, Parks and Tourism. She was a speaker for Food Secure Canada's national assembly in 2014 and is the lead representing the Northwest Territories in FSC's national outreach.

NFTI



Northern Farm Training Institute
Hay River, Northwest Territories



Food Secure Canada – Northern Food Network Webinar
Kim Rapati June 19th, 2017



Jackie Milne

President

- Hay River Métis
- 20+ years of experience as market gardener



Photo Jared Monkman

In the North, our wild herds are **stressed**, and the industrial food system is fragile. We are vulnerable **because of our dependency.**



Any Lam Photo





But, with **regenerative agriculture** practices that enhance our land, **we can harvest all we need** (wild & domestic)!

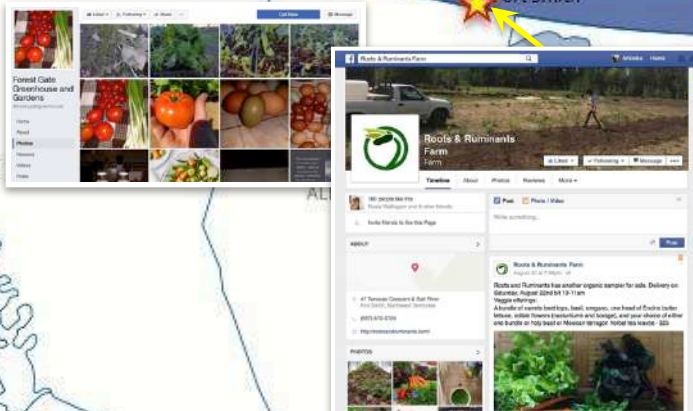


NFTI started in 2013 with training courses on other peoples' farms.





Since 2013, we have had
150 people from 30 different communities, in the Northwest Territories, Northern Manitoba and Nunavut, are getting requests from other parts of Canada



The courses were **a great success** and over 13 of our past students have started their own businesses and initiatives!



NFTI's vision is to
empower Northerners,
strengthen communities
and **create sustainability**
through local food
production.





NFTI's Structure:

1. Capacity Building

- Year-round education
- Internship/apprentice opportunities
- Extension services and support for communities

2. Research

- Appropriately scaled & achievable farming models
- Small & large livestock systems
- Northern Greenhouse operations
- Sustainable fertility systems

3. Farm size to feed 200

- Hardy fruit and vegetable production
- Grain & field crops for the north
- Northern animals systems
- 'valued added' farm products
- Winter food storage method

Property Remediation

- Repair roads
- Restore power
- Deconstruct Barn
- Garbage/Waste Clean up and Recycling

August 2014



We are transforming this land from an industrial system which **failed and degraded the** property to regenerative system **integration and a diverse abundance!**





August 2007 (Google Earth)



July 2015



September 2015



May 2016

September 2016



NFT's farm is being built to **demonstrate and teach the various sustainable systems** that are needed to provide a complete diet for **200 northern people**.



Greenhouse systems



Fruit and vegetable systems



NFTI's August 3rd CSA, photo by Leanne Clouthier

Hardy northern grain and pasture systems



Animal systems - meat



Animal systems - dairy



Food storage systems



Marketing systems





**We currently have over
200 animals:**

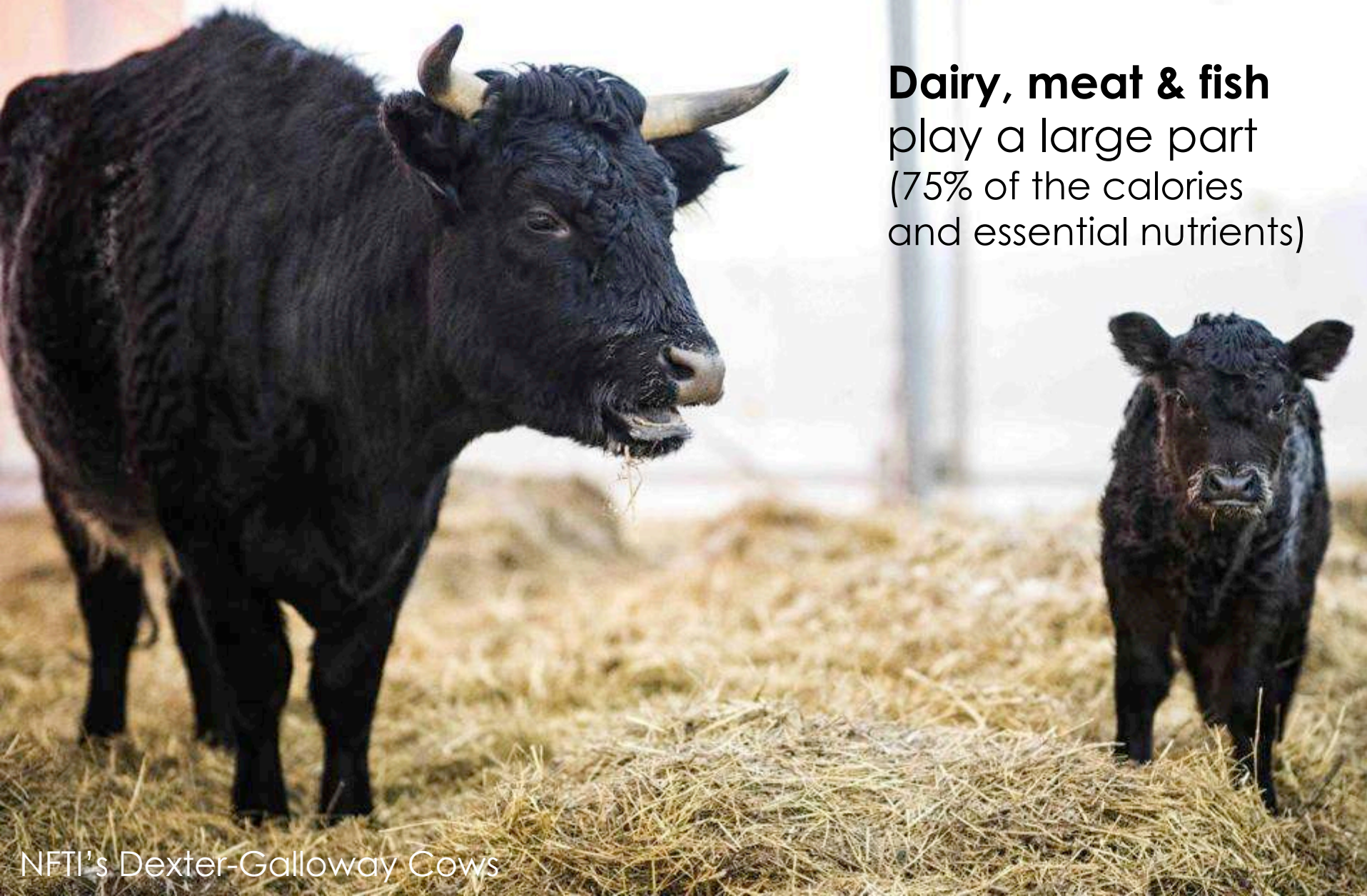
- Sheep
- Pigs
- Goats
- Chickens
- Turkeys
- Ducks
- Rabbits
- Cattle
- And a Yak!

Animals important to Northern food systems; we are researching the best ways to manage them (regenerative agriculture, silvopasture, waste rescue)



A very important element to create **honest food security** in the north will be **animal-based foods**.

Dairy, meat & fish
play a large part
(75% of the calories
and essential nutrients)



NFTI's Dexter-Galloway Cows



The **dairy** and the **meat** compliment each other, since we need to breed every year for milk production and 50% born are males.

1 sheep/goat milked per year **produces over half** (600,000) of the calories needs for one adult person for a year.



NFTI's Training:

We teach an adaptation of various food production methods that are **tailored to Northern small-scaled, highly productive farming systems** that are part of a new trend in job creation and self employed careers.



NFTI's **CSA**

With focus and commitment, it is now possible for small, biointensive market gardeners to earn between \$25,000 - \$150,000 per growing season in Canada. Some small Canadian farming businesses that have **reported sales of near \$150,000 a year, on less than two acres of land.**



**Northern
Market
Gardener
Internship
Program**

2017 Masterclasses

These are short weekend classes designed to improve skills and deepen northern gardening and farming knowledge.

Open to everyone! They are 10am – 3:30pm \$75/day, farm lunch included.



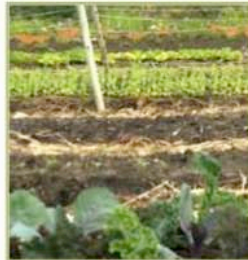
Accommodations available



SOILS AND SEEDS:

APRIL 22 & 23

All about selecting seeds good for northern food production; caring for seedlings; organic soil fertility; dynamic accumulators; biochar and much more!



GARDEN DESIGN:

MAY 13 & 14

Learn different types of outdoor planting; Spacing - square foot gardening and biointensive gardening; designing your property.



PERMACULTURE & NORTHERN FOOD FORESTS:

JUNE 17 & 18

Learn the most important design considerations and skills to build your own successful food forest and permaculture garden in the North.

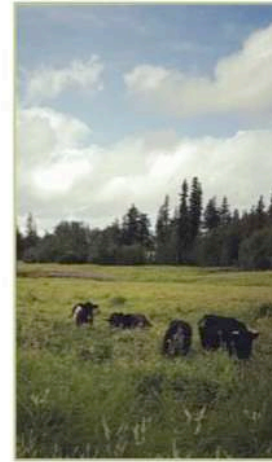
New Dates!



MARKETING & BUSINESS DEVELOPMENT:

JULY 22 & 23

Learn how to harvest and portion crops for market, direct marketing techniques, value-adding, funding opportunities & planning a profitable northern farm business.



INTRODUCTION TO HOLISTIC MANAGEMENT:

AUGUST 12 & 13

Gain tools to improve your quality of life, relationships and financial situations!

- ❖ Craft your Holistic Context
- ❖ Decision-making and planning for profit
- ❖ Healing the land with livestock
- ❖ Improving ecosystem processes



SMALL SCALE LIVESTOCK:

SEPTEMBER 2 & 3

Gain hands-on skills with cattle, sheep, goats, chickens, pigs, and dogs. Topics: Experience sustainable livestock management; Selecting breeds; Care and housing; Low-stress stock handling; Grazing to improve land productivity; Forest grazing.



HARVESTING & FOOD PRESERVATION:

SEPTEMBER 30 & OCTOBER 1

Learn a variety of delicious ways to safely store your summer harvests: Live storage, dehydration, freezing, pickling, jamming and lacto-fermentation. Taste-test some of our best

Special Courses: KFN Cooking, Canning, Keeping Food Course

- 5 days
- Dehydrating, freezing, canning and pressure cooking
- All tools included!



Special Courses: **Beginner's Chicken Program**



Special Courses: **Garden Hill Workshop**



Special Courses: **Pehdzeh Ki Garden Design**



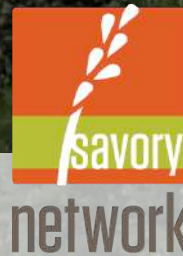


Research Projects: **Energy-Efficient Greenhouse Design**



Research Projects: Small-Scale Meat & Dairy Licensing





Research Projects: **Grazing Management and Feeding Systems**



This includes **holistic planned grazing** that mimics wild herds to build soil and improve ecosystem processes!

Research Projects: **Soil Building**



Biochar





Research Projects: Waste Reduction

FOOD WASTE RECOVERED

- **Each year, over 80,000 lbs of food waste from Super A Grocery**



Spent Brewery Grain



Shredded Paper

Research Projects: **Climate Change Mitigation & Adaptation**



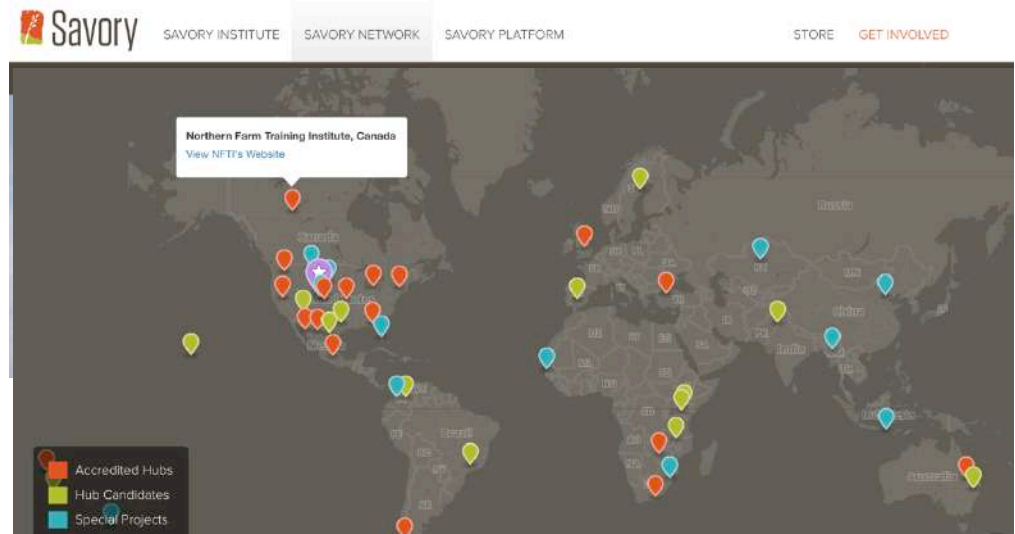
Sequestering Carbon in Soil

Addressing the Climate Threat

May 3 to 5, 2017 — Paris, France



Jackie and Christiana Figueres;
the driving force behind the
recent Paris climate accord



www.savory.global



**Boreal
Farm and
Feed
Products,**
our farm
supply
store just
opened!



Volunteers at NFTI

- WWOOF
- HelpX
- WorkAway

NFTI



Thank you,
Mahsi!



Kim Rapati

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www.borealfarm.ca



Question & Answer

Please write your questions in Q & A box



Wrap-Up and Next Steps

+ Takeaways

- **Incredible resilience** across the North
- Opportunity to shape a national plan for food in Canada
 - **Our voices matter** on this issue
 - We want **meaningful engagement** in the process
 - **We can mobilize to make our voices heard** about the principles, values and actions that matter to Northerners
 - We need to build on previous work accomplished **by Northerners for Northerners** and focus on **what is working**
 - We need to involve **the People** - not just industry

Everyone needs to eat, so we all have something valuable to say when it comes to shaping our national food policy



How can we ensure Northern input into NFP?



Possible ideas....

- Complete the Gov't survey
- Northern meetings?
- Letter writing campaign/Calling MPs/Social Media Campaign
- Join us for a separate teleconference on Policy Next Steps and get more involved!

Next Steps and Next Meetings:
Teleconference: July/Aug (TBD)
NFN webinar: September



+ Contact Information

NFN Coordinators:

- Molly Pratt (molly@aicbr.ca)
- Amanda Wilson
(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)