



# NORTHERN FOOD NETWORK

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



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



**FSC**  
Food Secure Canada

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

**Webinar 5: March 12<sup>th</sup> 10 – 11:00 am (PST)**

*The webinar will begin at 10:00 am PST. All participants' audio & video capabilities are turned off. Please take a minute to introduce yourself and where you're joining us from in the chat!*

# + Connectivity & Technical Info

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



- Can use Chat to contact moderators or other users
- If asking questions in Chat, please make sure it is addressed to “Everyone”
- Contact for technical inquiries: [community@foodsecurecanada.org](mailto:community@foodsecurecanada.org)
- *Please introduce yourself and where you’re joining us from in the Chat!*



# Moderators:



## Molly Pratt

Communications and  
Research Officer, 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:

March 12<sup>th</sup>, 10:00-11:00am  
PST

## 10:00-10:05 **Welcome & Introductions**

## 10:05-10:55 **Sustainable Food in the North**

- Suzanne Crocker, Drift  
Productions & First We Eat  
Project, Dawson City, Yukon
  - Q&A
- Tracey Williams and France  
Benoit, Yellowknife Farmers  
Market and Food Charter  
Coalition, Yellowknife, NWT
  - Q&A

## 10:55-11:00 **Updates & Wrap Up**

# + 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

**Link to past webinars & gatherings:**

<https://www.aicbr.ca/northern-food-network/>



**FSC**  
Food Secure Canada

Connect:



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



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# + Presenter – Suzanne Crocker, First We Eat Project, Dawson City, Yukon



**Suzanne** - Suzanne Crocker is a filmmaker and retired family doctor living in Dawson City, Yukon. Suzanne's feature documentary *All The Time In The World* garnered 22 awards from around the world and been translated into 12 languages.

<http://allthetimeintheworld.ca>

Suzanne is currently in the midst of a new project *First We Eat: Food Security North of 60* whereby she is feeding her family of five only food that can be hunted, gathered, fished, grown or raised in Dawson City for one year. In the process, she is discovering the wealth of local food options available as well as exploring the challenges and possibilities for increasing local food security across the Canadian North.

<http://firstweeat.ca/>

# First We Eat: Food Security North of 60



WATCH Trailer: <https://vimeo.com/258025860/871c1afb62>

# Dawson City, Yukon





100%



Chief Isaac

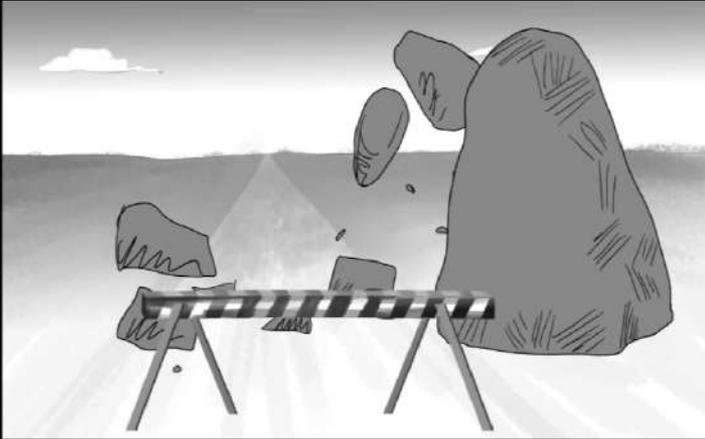
MacBride Museum of Yukon History Collection 189-1-58

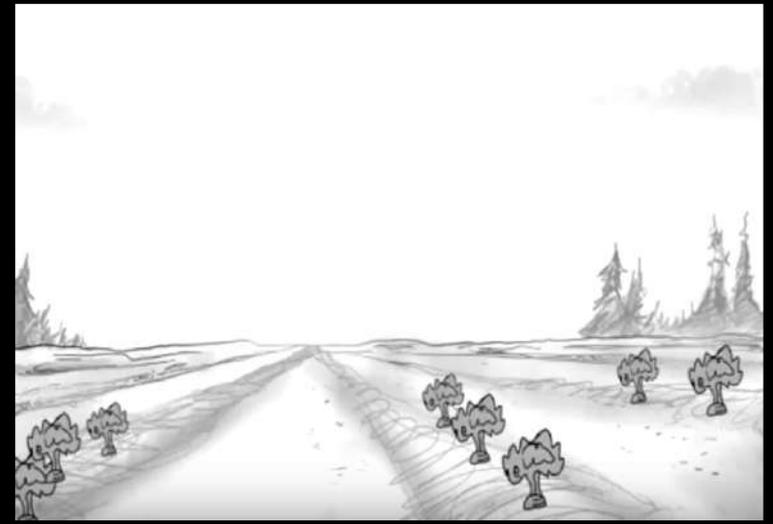
97%



A Klondike Garden  
H.C. Barley fonds, Yukon Archives 4705

3%





# Grow and Hunt



Monitoring:

- Quantity
  - \$
- Health

Extrapolate to my whole community:

Is it feasible/sustainable??

# Lungwort (aka blue bells)













# Rare peanuts grown in Dawson



# A few chickpeas



































































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— ORIGINAL SITKA FLAKE —

Net Wt. 4oz (113g)





Wild Sage

Yarrow















## Food security north of 60

A retired family doctor's attempt at a 100-mile diet in the Yukon.

By Suzanne Crocker

I am sitting down with my new comfort drink: a mug of frothed oatmeal milk. The milk has come straight from the cow. Before I heated the milk, I skimmed off 8 cm (three inches) of cream. One jar of cream has thickened overnight and is being shaken by my 15-year-old daughter while she reads a novel. In an hour it will transform into butter and buttermilk. More cream is in the top cream maker, churning into ice cream with birch syrup for a sweetener. Some of the milk being heated and stirred by my year-old daughter in preparation adding homemade kofu to turn it yogurt. In the meantime, I am using dried moose meat, seasoned ground celery leaf and stinging nettle, and boiling up another 4.5 kg (10 lbs) of potatoes to help keep my 80-year-old son satiated with

that can be hunted, fished, foraged, raised or grown in my Arctic community of Dawson City, Yukon, Canada. At 64 degrees north, it is 800 km (500 miles) south of the Arctic Circle, farther north than Whitehorse, Yellowknife and Iqaluit. It's the 100-mile diet, Arctic style. No salt, no caffeine, no sugar, no nuts, no rice, no chocolate, no legumes, no oil, no vinegar and very limited grains.

**The average North American meal travels 2,414 km (1,500 miles) to reach the supper table. Double or triple that for the Canadian North.**

I am not a farmer and the kitchen is not my hobby. So why

and celebrate how well we can feed ourselves in the Far North. The average North American meal travels 2,414 km (1,500 miles) to reach the supper table. Double or triple that for the Canadian North. This means high costs for shipping, which translates to greasy costs that can be up to five or six times the Canadian average, not to mention long transit times during which fresh produce loses most of its nutrients before it lands on our dinner plates. Many of Canada's northern communities cannot be reached by road, only by plane or boat. For those that do have road access to the south, there is only one road in, one road out. When that road gets blocked by a landslide or forest fire or the planes and boats cannot travel due to bad weather, the grocery store shelves go bare within a couple of

weeks and locally sourced produce and meats are in short supply. After all, according to food writer MFK Fisher, "If you go out, there we do every day and greenhouses only provide a small fraction of the food needed to feed my family for a week. I am relying on Dawson's resources, farmers, other gardeners and the forest to make up the difference. Dawson City has a short but intense growing season. There is lots of summer sun, but only 66 consecutive frost-free days a year. Freezing and overwintering livestock is possible but challenging in temperatures that reach -40°C (-40°F). Prior to settlers' movement in, Indigenous communities lived entirely off the land in the North. The land provides moose, caribou, rabbit, grouse, fish and many wild plants, berries and mushrooms. We have more moose than people in the Yukon, and one

I started our year of eating local on July 25, 2007. The first two months were overwhelming. I'd visit the forest, process and store a year's worth of food for a family of five. Our house had been blown over by food storage. Four freezers and 12 large tubs of frozen food now overtake our veranda. Stacks of drying onions and heads of garlic have become the centrepiece of the family room. Herbs and wildflowers hang from every beam. The garage is filled with root vegetables and pumpkins. Cans of popovers hang from the rafters. The pantry is full of eggs and pressure-cooked tomatoes. In fact, the only room in our house that is not storing food is the bathroom.

while he changes wood, but I to be that dangerous. Local after about six weeks, I I don't miss salt, sugar. I started to find that I eat naturally, enjoy stomach and colitis of celery. I have an appreciation for Celery is not it is especially good ground once my new "no things or substitute lacto-fer and I been just



Left: Author Suzanne Crocker with Louise Pinsky's winter garden at the Dawson City Horticultural Fair. Top right: Suzanne Crocker foraging for wild straggling nasturtium.

[FirstWeEat.ca](http://FirstWeEat.ca)



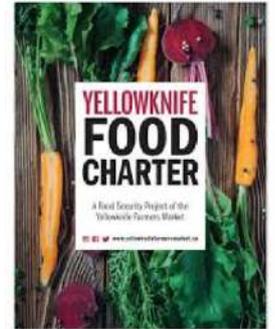
# Question & Answer

Please write your questions in Q & A box

# + Presenter – Tracey Williams, Yellowknife Farmers Market & Yellowknife Food Charter Coalition, Yellowknife, NWT



**YELLOWKNIFE  
FARMERS  
MARKET**



**Tracey Williams** - Tracey has been living in the North for 15 years. Originally, from the Chicago area, she first ventured north to paddle. After relocating permanently to NWT, she lived 12 years in Łutsël K'é before moving to Yellowknife in 2013 with her family.

Tracey has been involved in the food security movement for many years and is a strong advocate for sustainable food systems and food sovereignty in the North. As Food Security Coordinator with the Yellowknife Farmers Market, she, along with a group of grassroots activists and community members led the development of the Yellowknife Food Charter, which was endorsed by the City of Yellowknife in 2015. Her day job is as the NWT Conservation Lead for TNC Canada.



<http://www.yellowknifefarmersmarket.ca/foodcharter/>



# A Local Food Strategy for Yellowknife

A presentation by the Yellowknife Food Charter Coalition,  
a project of the Yellowknife Farmers Market.

March 12, 2018

Tracey Williams & France Benoit

# Highlights of our work to date

- Endorsement of Yellowknife (YK) Food Charter, July 2015 by YK City Council
- City launch of the Food Charter Jan. 2016
- Sold out 'YK Food Matters' Pecha Kucha evening hosted with community partners in October 2016 & FL other city based education
- Appointment of City Council liaison to Food Charter Coalition in summer 2017
- Thursday night supper club during YKFM 2017 season
- Fall 2017 Citizens Budget Survey support for Local Food Strategy proved popular.
- Early 2018 Working with the YK City on the local food strategy funding & community engagement plans for an RFP



# Local Food Strategy for Yellowknife

Council's Goals & Objectives for 2016-2018 include under:

# 4 - Community Sustainability: Developing an Agricultural Strategy for City of Yellowknife (tremendous!!!)

Food Charter Coalition a year ago created short, medium and long term goals. We've moved onto our medium term goal: Develop a Local Food Strategy

**In Fall 2017, we went to our YK City Council to support a budget line item for the coming fiscal year to support a local food strategy.**

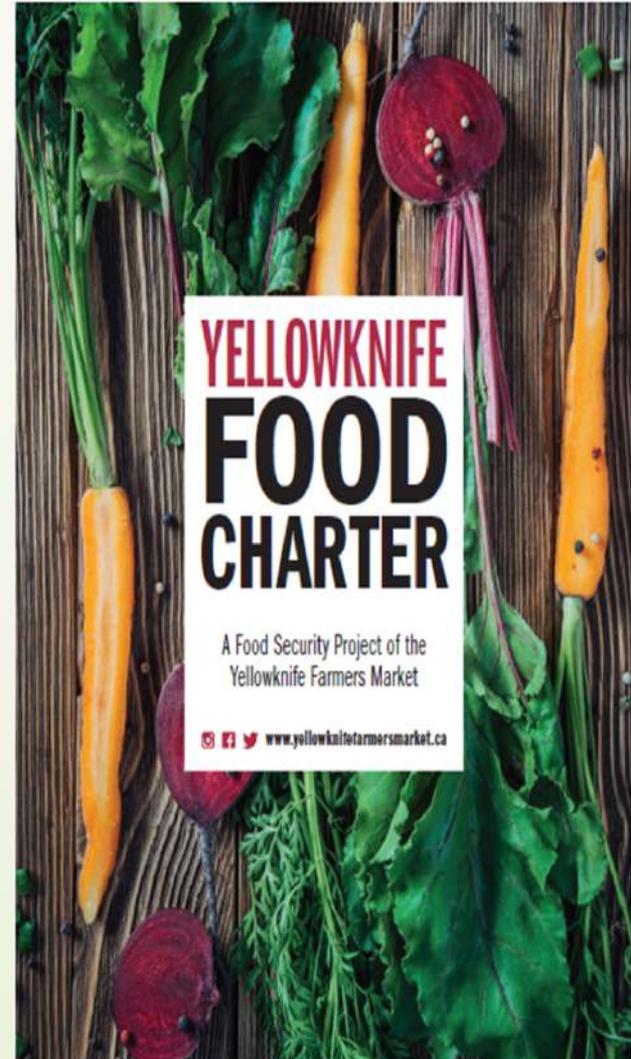


# Why a local food strategy?

- Will guide Yellowknifers & Council decide where to go and how to get there. Policy, By-laws, and actions to support local food.
- Economic spinoffs of the Yellowknife Farmers Market demonstrates what happens when community groups and the City collaborate vs work in silos.
- Many Yellowknifers have started food-based businesses and are supplementing their income. We need more!
- Municipal commitment can spur the multiplier effect and help leverage funds with foundations and other levels of governments.
- Venture capital invests in food-based projects, eg. urban farms.
- Food is the great unifier, connecting all the work we do.
- Most importantly, Yellowknifers want this!!!

# The Yellowknife Food Charter

*“A just and sustainable food system in Yellowknife is rooted in a healthy community, where everyone has access to adequate and affordable nutritious food; more food is grown and harvested locally; and food production policies and infrastructure are in place to support an economically viable, diverse, and ecologically sustainable local food system”*



# What is Food Systems Thinking?



- Aligns and engages diverse actors
- Promotes collaboration
- Makes connections that are not normally made
- Creates integrated solutions



# How Can a Municipality Affect Food systems?

- Land use planning
- Economic development
- Public health
- Environmental policies
- Tourism
- Poverty alleviation
- Waste management
- Infrastructure investment
- Event planning and community celebration
- Open space management
- Water management
- Crime prevention
- Transport planning
- Development approvals
- Procurement policies

# Meeting the City's Goals & Objectives





# Canadian Cities & Territories Acting with Food Strategies

- EDMONTON
- CALGARY
- YUKON
- ST. JOHN'S, NFLD
- SASKATOON
- THUNDER BAY
- VANCOUVER
- MONTRÉAL
- SUDBURY
- KASLO, BC
- GUELPH
- REVELSTOKE, BC
- NELSON, BC
- HAMILTON, ON
- NIPISSING, ON

**...AND MANY MORE!**

# Food Strategies: Thunder Bay



- Hybrid of civil society organization and government
- Municipal financing
- Formal municipal endorsements, structural links, and accountability to a government body

# Food Strategies: Edmonton



- Housed within existing municipal government units
- External groups advise and interact with municipal officials
- Financed by the municipality

# Request for Commitment

- Identify 25K in the 2018 City budget to create a local food strategy tying into Council Goals & we will identify ties to the Yellowknife General Plan
  - Will leverage this funding with possible territorial, federal, and foundational support & work together to build our proposal for this local food strategy.
- Identify city staff to work with an advisory committee, spur development and execution of a local food strategy. Staff/ committee to work with the Yellowknife Food Charter Coalition and take a multi-sector, food systems approach.



# Food Strategy Priorities Heard from the YK community

- Identify & make accessible City lands for food production
  - with mechanism for secure tenure
  - with zoning by-law for food production land
  - Examine providing tax exempt status or reduced food production land property tax rate
  - promotion of commercial urban gardens

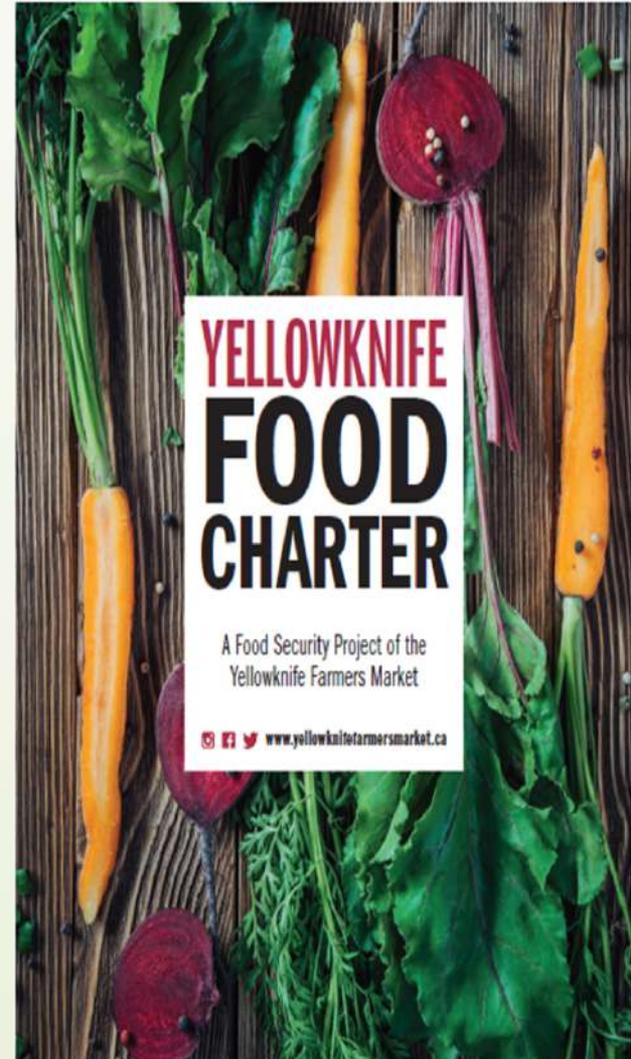


# Food Strategy Priorities

- Public space for processing & harvesting activities that anyone can access for creation of value-added products: fisheries, country food for home consumption, and locally grown produce
- Increase synergy around Waste management Strategic Plan & city's zero waste initiatives by adapting recommendations including:
  - Actualizing on best practice waste diversion strategies with diverse actors around the city
  - Materials pooling (leaves, mulch, soil, cardboard, wood, irrigation materials) for the building of new gardens

# Thank You for Your Time!

*“A just and sustainable food system in Yellowknife is rooted in a healthy community, where everyone has access to adequate and affordable nutritious food; more food is grown and harvested locally; and food production policies and infrastructure are in place to support an economically viable, diverse, and ecologically sustainable local food system.”*





# Question & Answer

Please write your questions in Q & A box

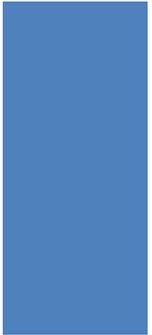


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Wrap-Up and Next Steps



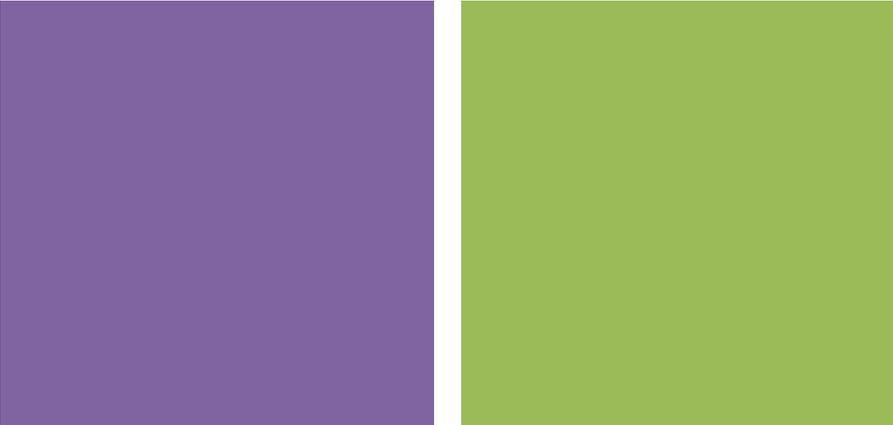
# Updates and Next Steps



- Updates from FSC
  - **Northern Sustainable Food Systems Study:**  
<https://foodsecurecanada.org/resources-news/news-media/food-news/food-secure-canada-conduct-study-northern-sustainable-food>  
(community@foodsecurecanada.org)
- **Food Systems Inventory Mapping**
  - Tool for information sharing about who, what, where, when, and why of the various initiatives/programs/entities related to our food system
  - Useful for individuals, programmers, policy makers, and health practitioners - develop comprehensive picture of what is going on, where are the gaps, and strengthen opportunities for collaboration
  - Building from AICBR initiative - **Healthy Living Inventory Map** :  
<https://www.aicbr.ca/healthy-living-inventory/>
  - Link to survey:  
<https://survey123.arcgis.com/share/11b2cec0a893418fbb7335cc03f33d61>

**Next Webinar: April (date TBD)**

*Proposed topic: Sustainable Northern Food Systems Focused Discussion*



# Thank You!

## + 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>

### **Upcoming/Past Webinars:**

<http://www.aicbr.ca/northern-food-network>