WHO IS INVOLVED

Core: Municipality, interested community members including hunters, farmers, providers and mothers, Renewable Resource Councils, FN Health Programs, agriculture association, grocery store, restaurants, big game outfitters, traditional knowledgeable people

Peripheral: Regions, First Nations linguistic groups, other First Nations Governments, Yukon Government Health.

Supportive: Wildlife management, Health Centre, farmers, Municipal Government

Involved: grocery store managers, Health Centre, Yukon Government

Peripheral: municipalities, First Nations governments, Yukon Government Health, CYFN Health and Social Department, Federal governments, agricultural community
RESEARCH AND DATA

- Food security is linked to how often someone shares traditional food with your household, eating a balanced diet, the frequency of traditional food consumption, diabetes, and the level of physical activity (RHS).
- Need to conduct dietary studies towards developing food security strategies for each First Nation for sustainable access to and consumption of traditional foods.
- Need to look at trends in weather/climate change.
- Need to find out what projects and findings exist in our communities.
- Need to study the consumption and benefits of eating traditional/local foods while respecting the culture and traditions of Yukon First Nations.
- Need to review literature about contaminants in water and harvested wildlife related to development activities.

COMMUNITY EXPERIENCE

- Grocery stores want to make a profit: they don’t care what they sell and they have a monopoly in small communities.
- Local farmers/providers/hunters have sustainable practices and respect for the land/water/environment. They want to provide for the community because that is their family and they have a vested interest.
- Locally harvested products reduces environmental pollution.
- Community members want fresh, nutritious and affordable food.
- Community members want information about nutritious food.
- Some people have no choice but to shop at the grocery store.
- There are no long-term traditional food strategies.
- There are no community gardens in some communities.
- Community members may show resistance to changes in what is available in the grocery store.
- Do we have enough traditional food to eat?
- How often does the community get fresh food?
- How often do you get fresh food to eat?
- Need to research traditional knowledge — how did our people survive in times of famine?
- Need to re-establish and apply those ancient laws.

GOAL

All northern residents
- have long-term access to fresh, nutritious affordable foods (store-bought and traditional),
- have access to safe drinking water, and
- exist in a healthy environment for all living things.

OBJECTIVES

- Northern stores provide and promote affordable, healthy and nutritious local foods.
- Northern residents know what food is healthy and how to prepare it.
- Northern community members care about access to healthy food for all.
EDUCATION STRATEGIES

COMMUNITY BASED
- Culture and harvest camps
- Nutrition classes
- Cooking classes
- Education about poverty and food insecurity among the public, Chief and politicians
- In school nutrition programs (breakfast and lunch programs)
- Develop and implement food security strategies

COMMUNITY LED ACTIVITIES
- Change the way stores price food and advocate for healthier foods
- Ask the stores to make positive changes
- Health tax on junk food
- Remove pop machines
- Farmers market
- Stores sell local produce
- Community freezers
- Car pooling to shop
- Community greenhouse project
- Community gardens
- “Meals on wheels”/soup kitchens
- Enhance sense of community by acknowledging community successes (students going to school, volunteers, quitting smoking, etc.)
- Community events which offer healthier food choices (BBQ’s, gatherings, potlucks)
- Stream keepers program to monitor freshwater
EXAMPLES OF INDICATORS

- Number of stores providing affordable, healthy, nutritious and local foods.
- Percentage of food in stores that is not junk.
- Comparison of prices for maintaining an adequate healthy diet.
- Percentage of change in store food prices.
- Number of people asking for stores to change.
- Number of responses to the junk food tax idea and is the junk food tax implemented.
- Number of community events offering healthy food choices.
- Number of people harvesting traditional foods/local produce.
- Number of cooking and nutrition classes offered and number of participants.
- Number of in-school nutrition programs (elementary and secondary).
- Number of soup kitchens.
- Number of animals harvested.
- Number of community programs that address access to food (culture and harvest camps, community freezers, car pooling) and number of participants.
- Number of people volunteering to help others with food.
- Formation of a community committee to address food security.
- Number of community meetings about poverty and food security, number of participants and number of programs.
- Number of First Nations Chiefs who are moving the food security issue forward at the political level.
- Number of young women, mothers and children who have access to traditional foods.