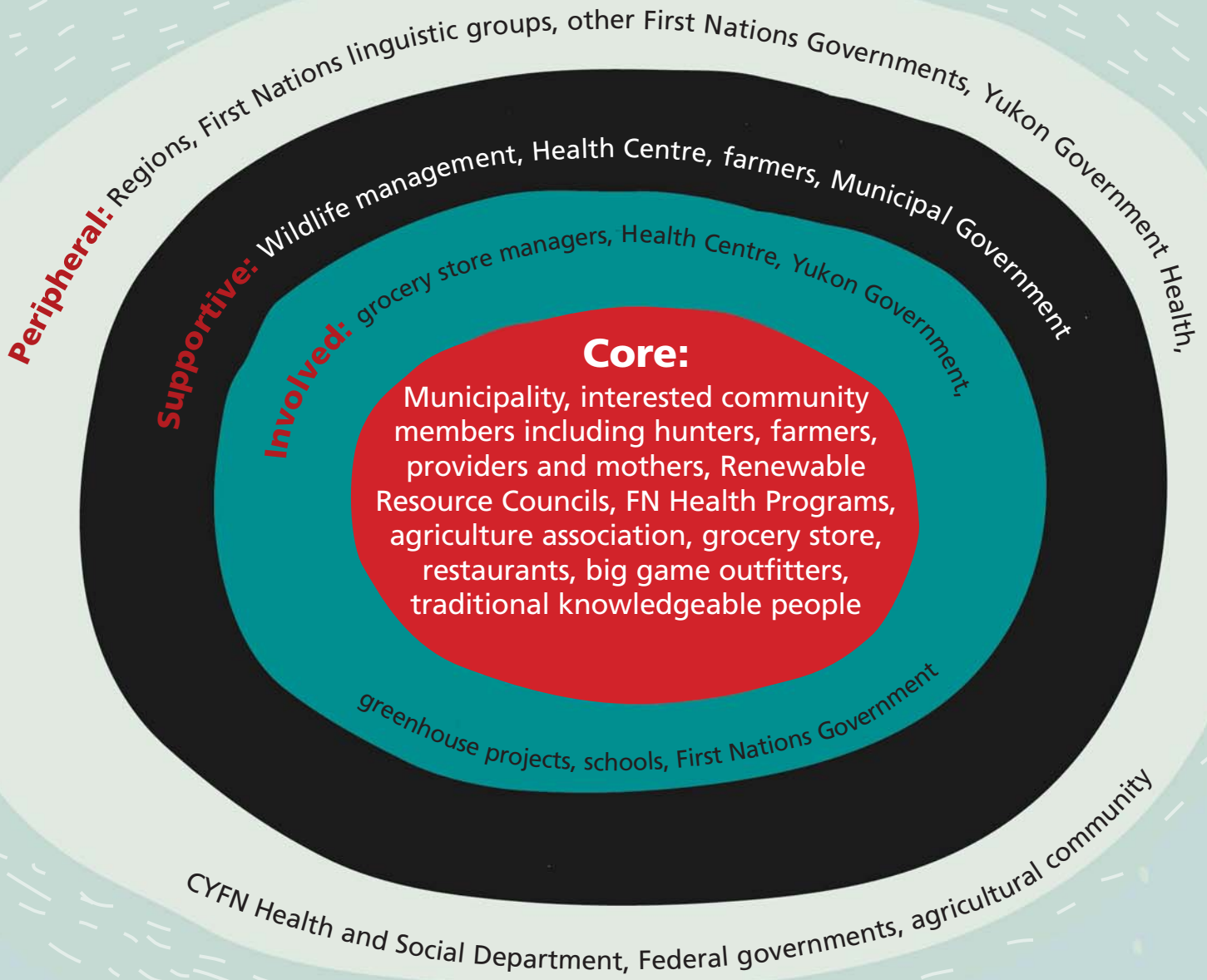


# FOOD SECURITY

## WHO IS INVOLVED



# WHAT WE KNOW

## 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.**

# FOOD SECURITY WHAT DO WE HAVE TO DO?

## 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.

