

SETTING THE TABLE



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Outline

- Place
- Food
 - Feasting Table of Past
 - Today's Table
 - Setting Tomorrow's Table
- Creating a Food Movement
- Building Health Communities
- Successful Approaches



First Nations, Métis Communities, and Friendship Centres in VIHA

- ▲ Friendship Centre or Urban Aboriginal Service Organization
- Métis Chartered Community
- First Nation
- VIHA Health Service Delivery Areas
- VIHA Local Health Areas

Did you know, on Vancouver Island, there are:

- 50 First Nations on Vancouver Island
- 6 Métis Chartered Communities
- 5 Aboriginal Friendship Centres
- According to 2006 census data, there are 40,550 Aboriginal people living in communities served by VIHA

Sources:

- Friendship Centres & Métis Chartered Communities: "Guide to Aboriginal Organizations and Services in British Columbia," at http://www.gov.bc.ca/aml/services/down/guidetoservices_2006.pdf
- Aboriginal Communities: Ministry of Aboriginal Relations and Reconciliation at <http://www.gov.bc.ca/aml/>

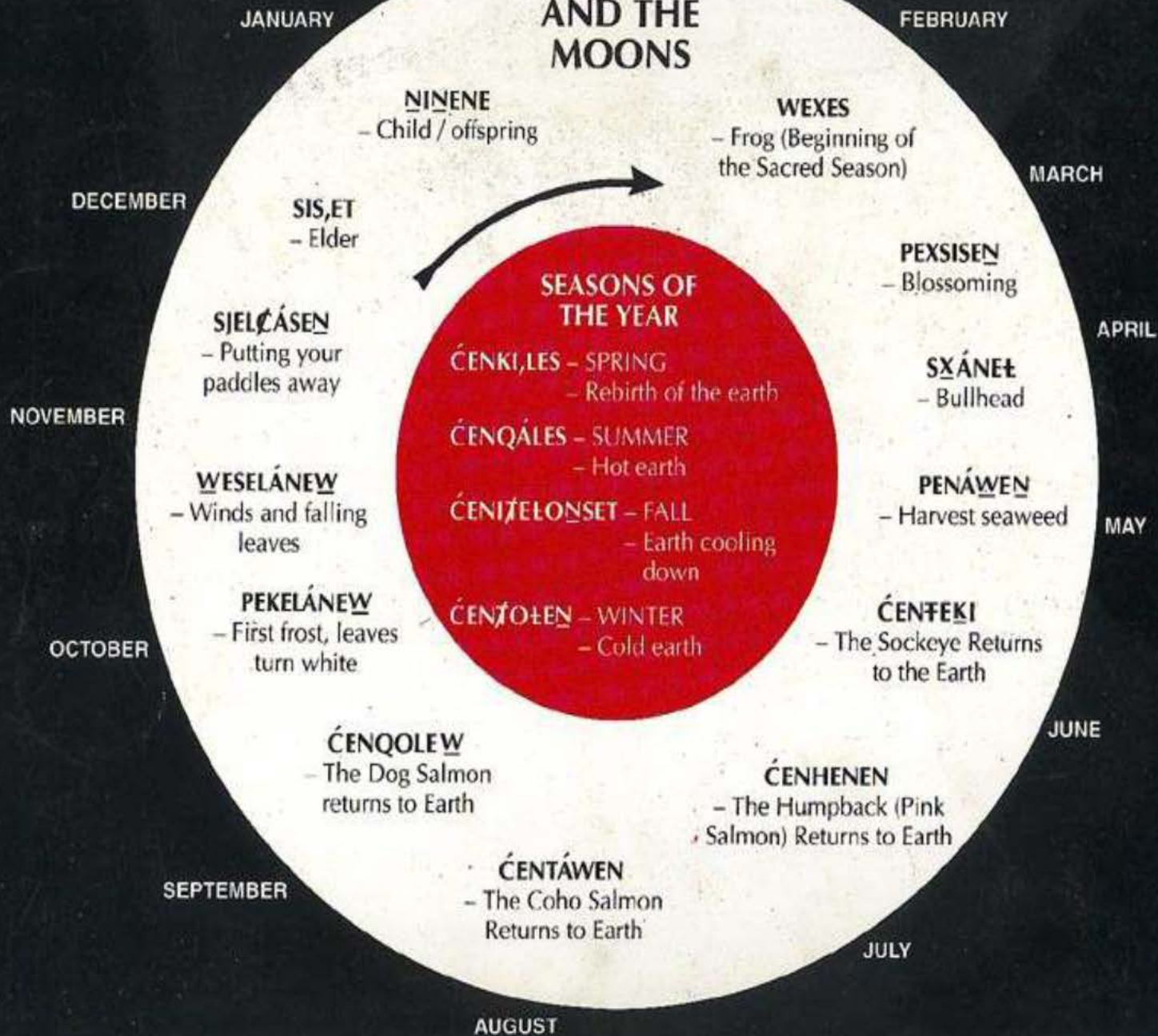
Map prepared by: A. Reid
Date Created: May 2011



Feasting Table of the Past



SEASONS AND THE MOONS



Foods from the Sea

- Fish
- Octopus
- Sea urchins
- Herring Roe
- Oolichans
- Rock Stickers
- Gooseneck barnacles
- Seaweed
- Sea asparagus
- Shellfish
 - Clams, Mussels, oysters
 - Crab
 - Prawns

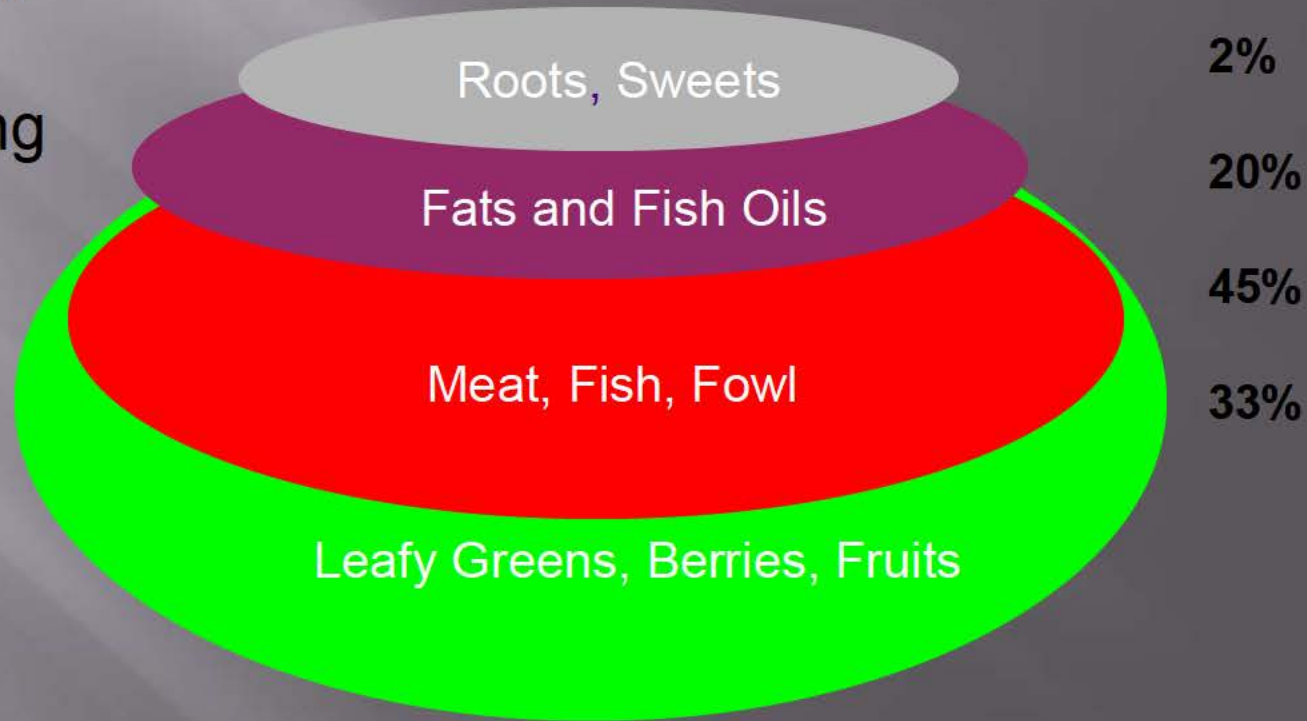
Foods from the Land

- Greens, plants
- Roots
- Berries
- Flowers
- Camas
- Tree bark, sap, leaves
- Plumb and crab apples
- Spruce Tips, shoots
- Large Animals
 - Elk
 - Deer
 - Bear
- Small Animals

Salish Food Mound

Gathering, Exercise,
& Fresh Air

Fresh living
Foods



Knowledge Exists in the Community



What is on Today's Table

‘If you lose your foods, you lose part of your culture and it has a devastating effect on the psyche.’

Yakama Tribal Nurse



FNFNES 2009 – BC Results

- Top 5 traditional foods eaten
 - salmon, moose, deer, elk, trout
- Top 5 market foods
 - soup, veggies, potatoes, fruits, grains
- 40% worried that food will run out
- 91% would like to eat more traditional foods



Voices of Concern

- Impacts of Colonization
- Funding
- Loss of land
- Lack of food skills or access to food
- Poor access to food programs
- Worry about salmon and contamination
- Poor or no transportation
- Hunger and Frustration

Keenan's Story

http://www.youtube.com/watch?v=HRK_V-cnKTA



Is the Healthy Choice the Easy Choice?



Super Sized World...

Portion Distortion

- Plate – 8 inches to 12+
- Cookie – 55 to 275 calories
- Fries - 210 to 610 calories
- Bagel – 140 to 350 calories
- Pop 85 to 250 calories
- Muffin – 210 - 500 calories
- Mocha – 350kcal
- Monster Burger 333 – 1420 calories
- Spaghetti – 500 – 1025 calories

From 1995-2005



Portions

Calories

- homemade meal increased by 77%.

Portion size

- meat increased by 27%
- starchy products increased by 148%
- vegetables increased by 37%
- sauce increased by 47%

The Supermarket has become the new Shoreline

- For every 3m of produce there are 10m of junk food.
- 7 ads per hr on junk foods
- The Healthy Choices are on the perimeter
- Popular store-bought cookies
 - recipe yields 60 vs 100

'Edible food like substances'



**I would do anything to lose
10 lbs BUT eat healthy and be
active.**



**Note to self...If I eat like
crap I feel like crap!**



Eat Less

Carbonated drinks

Refined sugars

Artificial foods

Processed foods

Eat more

Fruits and veggies

Organic lean meats – game, fish

Omega 3 fats

Drink water



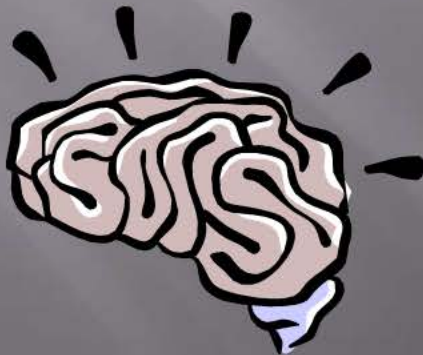
The Key to Healthy Eating...

Avoid any foods that have a commercial on TV



BRAIN FOOD

- Seafood
- Peanut butter
- Oatmeal
- Eggs
- Fruits and berries
- Meats
- Whole grain foods
- Beans
- Vegetables



STOMACH FOOD

- Pop
- Noodles
- Chips
- White food
- Candy
- Chocolate Bar
- Juice boxes
- Sugary foods



Food

1. Buy it with thought
2. Cook it with care
3. Use less wheat & meat
4. Buy local foods
5. Serve just enough
6. Use what is left

Don't waste it



U.S. Food Administration - 1917

Starch

**Don't eat anything your
great-great grandmother
wouldn't recognize as food.**

- Michael Pollen - Omnivores Dilemma



Feasting for Change

<http://www.youtube.com/watch?v=KF7PNeSoGV0>



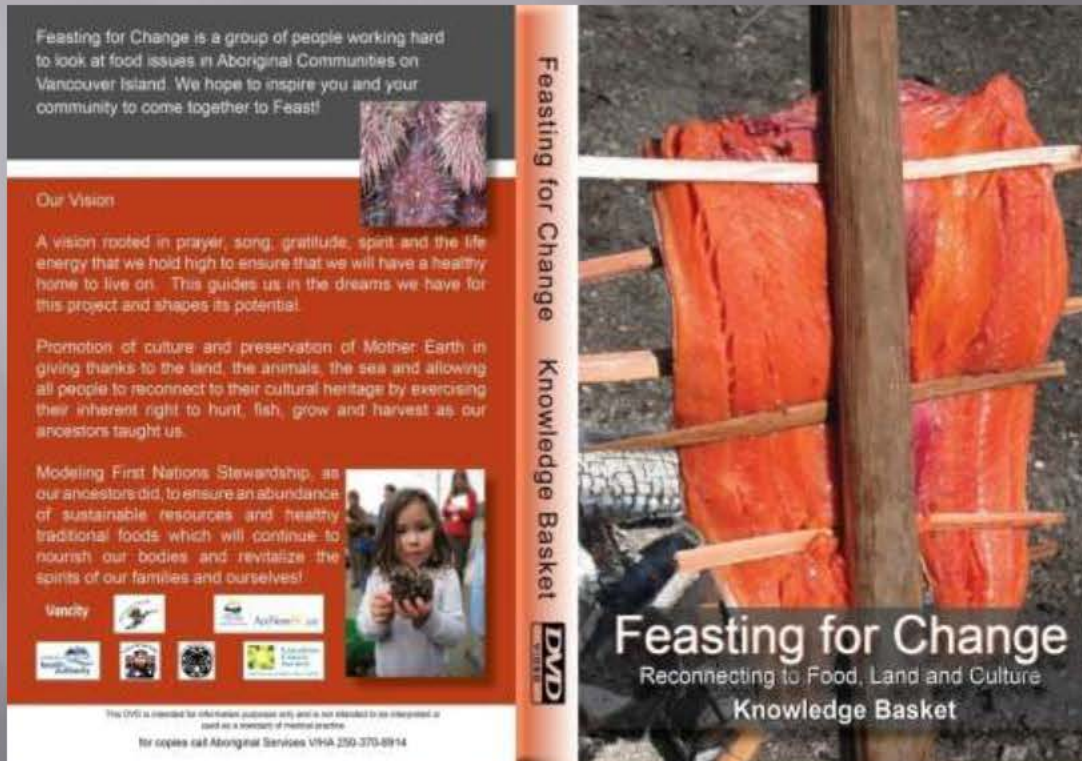


Feasting for Change Resources

Knowledge Basket

.2 disc resource that includes the tools and resources to support communities in hosting their own feast:

- Planning checklist
- How to do a Pit Cook
- List of food and knowledge books
- Slideshow highlighting foods and knowledge transfer
- Digital Story
- Draw prizes
- Invitations



Feasting for Change is a group of people working hard to look at food issues in Aboriginal Communities on Vancouver Island. We hope to inspire you and your community to come together to Feast!

Our Vision

A vision rooted in prayer, song, gratitude, spirit and the life energy that we hold high to ensure that we will have a healthy home to live on. This guides us in the dreams we have for this project and shapes its potential.

Promotion of culture and preservation of Mother Earth in giving thanks to the land, the animals, the sea and allowing all people to reconnect to their cultural heritage by exercising their inherent right to hunt, fish, grow and harvest as our ancestors taught us.

Modeling First Nations Stewardship, as our ancestors did, to ensure an abundance of sustainable resources and healthy traditional foods which will continue to nourish our bodies and revitalize the spirits of our families and ourselves!

Vancity
Aplican
Sustainable
Sustainable
Sustainable

Feasting for Change
Reconnecting to Food, Land and Culture
Knowledge Basket

DVD

This DVD is intended for information purposes only and is not intended to be interpreted or used as a substitute of medical practice.

For copies call Aboriginal Services VHA 250-370-8914

Plant Knowledge Cards



- Inspired by our many plant walks and discussions about edible and medicinal plants
- Set of 66 different native plants local to the South Island area.

Celebration Book



- Summarizes the teachings and learning's of FFC

- Celebrates some of the Indigenous Foods of Vancouver Island

- Inspired by the diversity and wisdom of the knowledge keepers in all the communities.

Setting the Island Wide Food Table

To work together towards recognizing, maintaining, enhancing and celebrating traditional foods in a holistic way that honours cultural knowledge and values of the First Nations people.

Our Story:

<http://www.youtube.com/watch?v=rSaPhloqIU8>



Traditional Foods Conferences

Day 1

- Panel Discussions
- Workshops
- Networking
- Feast
- Cultural performances
- Spiritual morning
- Elders panel
- Youth participation
- Youth Videos
- Feasts

Day 2

- In the community
- Smoke house tours
- Garden tours
- Traditional cooking methods; bbq salmon, pit cooking, bentwood box
- “Fair like event” highlighting knowledge keepers
- Presentations
- Networking



Digital Harvest Project

<http://www.youtube.com/watch?v=YBYNaufoYOo>



Sharing through the Generations



Setting the Table for Tomorrow

- Children only grow up once
- Reconnection
- Creating Healthy Environments
- Setting Healthy Tables
- Community Food Projects
- Working with Local Schools
- Successful approaches

Take care of your body its the only place you have to live in.



**In Every Community there is
work to be done. In every
Nation there are wounds to heal.
In every heart, there is the
power to do it.**

Marianne Williamson



Disconnect to Reconnect

Nature is the original PlayStation.

"We need more of us to disconnect, to reconnect to the outdoors. "What children do not value, they will not protect & what they do not protect they will lose"

Documentary Play Again

<https://www.youtube.com/watch?v=tfKwCpmH60w&list=FL0UKAyFNoez2widqJaJFgEA&index=7>

Creating Food Environments

Leading Through Food

- What foods are available in your community?
- Can you create edible environments or orchards?
- Is food accessible?
- Is there a community boat?



Setting Healthy Tables

- Role Modeling
- What foods are your departments purchasing?
- FNHA Healthy Food Guidelines
- Community Meal Planning



When we have the chance....



Let Food be the Medicine



Community Nutrition Policy

- Provides guidance for staff
- Creates energy and movement
- Sets structure and vision
- Role Modeling
- Exposes community to new foods and experiences
- Supports the nourishment of the nutrients most needed ie quality protein, vitamins and minerals

Healthy School Environments

- Prospect Lake Elementary

<http://www.youtube.com/watch?v=MxeWMjwqVzM>

- Comprehensive School Health

<http://healthyschoolsbc.ca/healthy-schools-bc-resources.aspx>

An international “whole school health” through:

- Teaching and Learning
- Social and Physical Environment
- Healthy School Policy
- Partnerships and Services

Feasting

Creates opportunity for people to eat together

- **Eating together has proven:**
 - Greater amounts fruits and vegetables
 - Lower fat meals and more protein
 - Less fried foods & soft drinks *away* from home
 - More vitamins and minerals
- 1 week meal ideas - <http://vimeo.com/73780451>

Eating Together

CHILDREN

- Do better in school
- Better social and language skills
- Are more likely to be a healthy weight
- Are more connected to their families and friends
- Have a better understanding of family values and traditions
- Are less likely to smoke, use drugs or alcohol
- Are less likely to be bullied
- Have less risk of depression and suicide
- Feel more secure and stable, with a greater sense of belonging

FAMILIES:

- Build strong family ties by setting the table for sharing and talking
- Eat more vegetables, fruits and other foods high in calcium, fibre, iron and other nutrients
- Eat fewer fried foods, chips and pop
- Enjoy a greater variety of foods
- Save money by eating out less often
- Create family traditions and memories

Budgeting

- Salish people are salmon people
- ‘It was our way to preserve the salmon so we would have food for the winter’
- ‘Saving is a traditional value’
- 4 things to do with your money
 - Make it, spend it, save it, donate it?

Information and ideas from NWIC Financial Literacy Program

- Elders Perspective on Money (1:18 min)

<http://www.youtube.com/watch?v=WjXvXcBQg84>

- The Value of Money – Using Credit Wisely (6:29 min)

http://www.youtube.com/watch?v=7aUIWYMLL_4

Successful Approaches

- Traditional foods and plants
- Plates Display
- Log Into Life - Disconnect to Reconnect Challenge
- 90 No Pop Challenge
- Healthy Cooking Classes (FSFF)
- Meatless Monday Challenge
- Setting the table curriculum
- Conversation Cards
- Good Food Box, Community garden/orchards

**'No matter how slow you go,
you are still lapping the
people on the couch'**



Draw Prizes

Do any of you have any thoughts or ideas now that you could bring back to your community?



Traditional Food Links

- **Feasting for Change** — Final reports and blog email Fiona
- **VICCIFN** www.indigenousfoods.ca
- **Digital Harvest 2010** <http://mapping.uvic.ca/maps/viccifn>
- **Digital Harvest 2012-2013** - <http://sites.viu.ca/ocphr/projects/prevention-and-preservation-digital-harvest-stories>
- **NWIC** - <http://nwicplantsandfoods.com/what-we-do>
- **NWIC directory** - <http://nwicplantsandfoods.com/what-we-do>
- **Elise Krohn** - <http://wildfoodsandmedicines.com/>
- **FNFNES** - www.fnfnes.ca
- **Indigenous Foods First** - <http://iffculture.ca/>
- **Store outside your door** - <http://www.anthctoday.org/storeoutside/>
- **Food Resources Directory** — FFC tool kit or email Fiona
- **Native Food System** - <http://www.nativefoodsystems.org/>
- **VICCIFN List serve** - To join contact: fiona.devereaux@viha.ca
- **Facebook** — Search Vancouver Island and Coastal Communities Indigenous Food Network

Healthy Food Links

- FNHA - http://www.fnhc.ca/index.php/initiatives/community_health/nutrition/
- Indigenous Nutrition <http://www.indigenousnutrition.org/>
- BC Food Systems Network <http://www.fooddemocracy.org>
- Fresh Choice Kitchens – Community Kitchens Toolkits
<http://www.communitykitchens.ca/main/?CKToolkit#FoodSafe>
- Dial A Dietitian or Health Link BC <http://www.dialadietitian.org/>
- Centre for Indigenous People’s Nutrition and Environment
<http://www.mcgill.ca/cine/>
- Healthy Families BC <http://www.healthyfamiliesbc.ca/eating>
- Community Food Centers - <http://www.thepod.cfccanada.ca/about-us>
- Spend Smart Eat Smart - <http://www.extension.iastate.edu/foodsavings/page/aisle-aisle-tips>
- Better Together Report - http://bettertogetherbc.ca/uploads/bcdfreport_web.pdf
- Ellyn Satter books and website - <http://www.ellynsatter.com/ellyn-satters-division-of-responsibility-in-feeding-i-88.html>
- Food Flair Online Modules - http://www.2010legaciesnow.com/foodflair_elp/

**HISWKE/Hy'chka
Kleco- Kleco
Gilakas'la**
Questions and Discussion



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