

Q'wemtsin Health Society/Food Sovereignty Team March 2020

Ideas to Support Community Food Planning for Emergency Food Security/Sovereignty

<p>Short Term</p>	<p>-Learn about food safety concerns during COVID19- environmental health and safety</p> <p>Build and Support Self Determined Indigenous Nation Food Sovereignty Capacity for had long term benefits (ie Skeetchestn Knowing our Roots Advisory Group)</p> <ul style="list-style-type: none"> -support and collaborate to create community food positions to fish, hunt, dig or harvest food for broader community. Support Indigenous food systems and skill development along with community development. -support boat owners and food harvesters to gather food for community -hire community cook for meals for elders and vulnerable populations -find and source out space to plant community and individual gardens -support long term food security projects (ie Skeetchestn Community School Food Forest) -Support Local foods to School projects (community gardens, food forests) <p>Quick solutions for immediate resolution of hunger</p> <ul style="list-style-type: none"> -pool money to buy fresh veggies, fruits, protein rich foods and staples (food distributors or local groceries) -support or have food staples or good food boxes delivered every 2 weeks -grocery gift cards -link in with local food programs for donations of fresh fruits and veggies, connect with food bank, hubs, food share network and others. (ie in Kamloops work with the Kamloops Food Policy Council COVID 19 advisory group) -meals for elder's and children out of school (<i>Jordan's Principal has changed guidelines to include food during the pandemic</i>) -Regular distribution of cooking essentials spices and oils -Promote breastfeeding and secure infant formula, or breastmilk from bank -recipes and cookbooks if people are getting food that is new to them
<p>Mid Term</p>	<ul style="list-style-type: none"> -Employing a full time food sovereignty coordinator to provide food and food skills for community (ie QHS has a part time Food Sovereignty Dietitian lead): <ul style="list-style-type: none"> a) Coordinate and support hunters, fisherman and harvesters to get food to community, whole or in prepared meals. b) Workshops with social distancing or using technology: <ul style="list-style-type: none"> -dehydrating, smoking, deer skinning/butchering, fish cleaning canning -workshops: stews, fruits/veg, jam, pickling, etc, connect with RD or find community food champion c)connect with local farmers for land, produce and collaborations d)explore Good Food Box connect with food hubs and RDs for support <p>Technology to support long term food skills</p> <ul style="list-style-type: none"> -cooking and food skills videos/videoconference to nations -recipes/cookbook demos -cooking for whole community, add a mentoring component -Planting traditional medicine planter boxes with information on FB live

	<ul style="list-style-type: none"> -how to build your own garden virtual workshops (Lots of resources coming out on this) -breast feeding promotion/awareness
Long Term	<ul style="list-style-type: none"> -Long term intersectoral Food security plan for the Nation – to bring together all communities with Secwepemc nation Programming to ensure traditional foods/plants pantry for emergencies and schools/elders -traditional plant teaching garden -restore local and indigenous food systems through the above to support regular access to Indigenous foods and local foods. Education of youth and development of resources and Curriculum to support indigenous food sovereignty

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