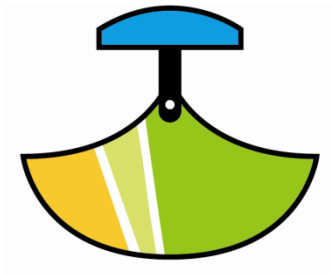


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# NUNAVUT FOOD SECURITY SYMPOSIUM

JANUARY 22-24, 2013  
IQALUIT, NUNAVUT



RECORD OF PROCEEDINGS

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## LIST OF ACRONYMS

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<b>ACL</b>	Arctic Cooperatives Ltd.
<b>AFN</b>	Arctic Food Network
<b>CanNor</b>	Canadian Northern Economic Development Agency
<b>CFDP</b>	Country Food Distribution Program
<b>CFM</b>	Country Food Market
<b>CPNP</b>	Canada Prenatal Nutrition Program
<b>ED&amp;T</b>	(Department of) Economic Development and Transportation
<b>EIA</b>	(Department of) Executive and Intergovernmental Affairs
<b>GN</b>	Government of Nunavut
<b>HTO</b>	Hunters and Trappers Organization
<b>HSS</b>	(Department of) Health and Social Services
<b>IQ</b>	<i>Inuit Qaujimagatuqangit</i> or Traditional Inuit Knowledge
<b>KitIA</b>	Kitikmeot Inuit Association
<b>KivIA</b>	Kivalliq Inuit Association
<b>NAC</b>	Nunavut Arctic College
<b>NAPS</b>	Nunavut Anti-Poverty Secretariat
<b>NDC</b>	Nunavut Development Corporation
<b>NFSC</b>	Nunavut Food Security Coalition
<b>NFSS</b>	Nunavut Food Security Strategy
<b>NGO</b>	Non-Governmental Organization
<b>NHC</b>	Nunavut Housing Corporation
<b>NHSP</b>	Nunavut Harvester Support Program
<b>NLC</b>	Nunavut Literacy Council
<b>NLCA</b>	Nunavut Land Claims Agreement
<b>NTI</b>	Nunavut Tunngavik Inc.
<b>NWC</b>	North West Company
<b>NWMB</b>	Nunavut Wildlife Management Board
<b>QIA</b>	Qikiqtani Inuit Association
<b>QHRC</b>	Qaujigiartiit Health Research Centre



## EXECUTIVE SUMMARY

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In June 2012, the Nunavut Food Security Coalition was established to develop a long term, ongoing, inclusive, and sustainable approach to food security in Nunavut. In January 2013, the Nunavut Food Security Symposium was held in Iqaluit in order to engage a broad group of partners to determine which policies, programs, and initiatives are most likely to improve food security in Nunavut. The symposium brought together 135 people who represented government departments, Inuit associations, NGOs, retailers, HTOs, community-based organizations, and academic institutions. Panel discussions, presentations, and working sessions were built around six themes identified by the Nunavut Food Security Coalition: country food access, market food access, life skills, programs and community initiative, local food production, as well as policy and legislation. After three days of productive dialogue, Nunavut-based partners emerged with priority areas for action on each theme. These priorities will be used to inform the Nunavut Food Security Strategy, which is expected to be announced in spring 2013. An associated implementation plan and evaluation framework will be developed in junction with the strategy to ensure that we continue to do more with what we have so we can increase food security among Nunavummiut.



## INTRODUCTION

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*“Food security exists when all people at all times, have physical and economic access to sufficient, safe, and nutritious food to meet their dietary needs and food preferences for an active and healthy life.”*

Food and Agriculture Organization, United Nations (2003)

*“We want Nunavut to be food secure, meaning that all Nunavummiut at all times will have physical and economic access to sufficient, nutritious, and culturally-relevant foods.”*

The Makimaniq Plan (2011)

While food insecurity affects populations worldwide, it is a particularly urgent public health issue for Nunavummiut because rates of food insecurity have reached critical levels in the territory. In fact, recent data released from the Inuit Child Health Survey indicate that nearly 70% of Inuit preschoolers in Nunavut live in food insecure homes<sup>1</sup>.

Much government and academic investment has been made to understand the determinants of and potential solutions to food insecurity in Nunavut. It is widely acknowledged that addressing this critical and complex issue is broader than the mandate of any one organization. Therefore, an integrated approach is essential. However, no coordinated effort to address food insecurity has taken place – until recently.

Food security has become both a political and public priority in Nunavut over the past several years. Many milestone events and much strategic work have brought significant attention to the issue of food insecurity in Nunavut (Image 1). Compelling data were released, political will was unified at the territorial and federal level, community members significantly raised the profile of the issue, and funds were identified for this work to take place. Government, Inuit associations, community-based organizations, and the public are working toward a common goal of improving food security in Nunavut. This type of collaboration is greatly needed to positively influence this issue. Furthermore, the collective ownership of this concern is likely to result in sustained action, both within and external to Nunavut.

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<sup>1</sup> Egeland, G.M., Pacey, A., Cao, Z., Sobol, I. (2010). Food insecurity among Inuit preschoolers: Nunavut Inuit Child Health Survey, 2007-2008. *Canadian Medical Association Journal*, 182:243-248.

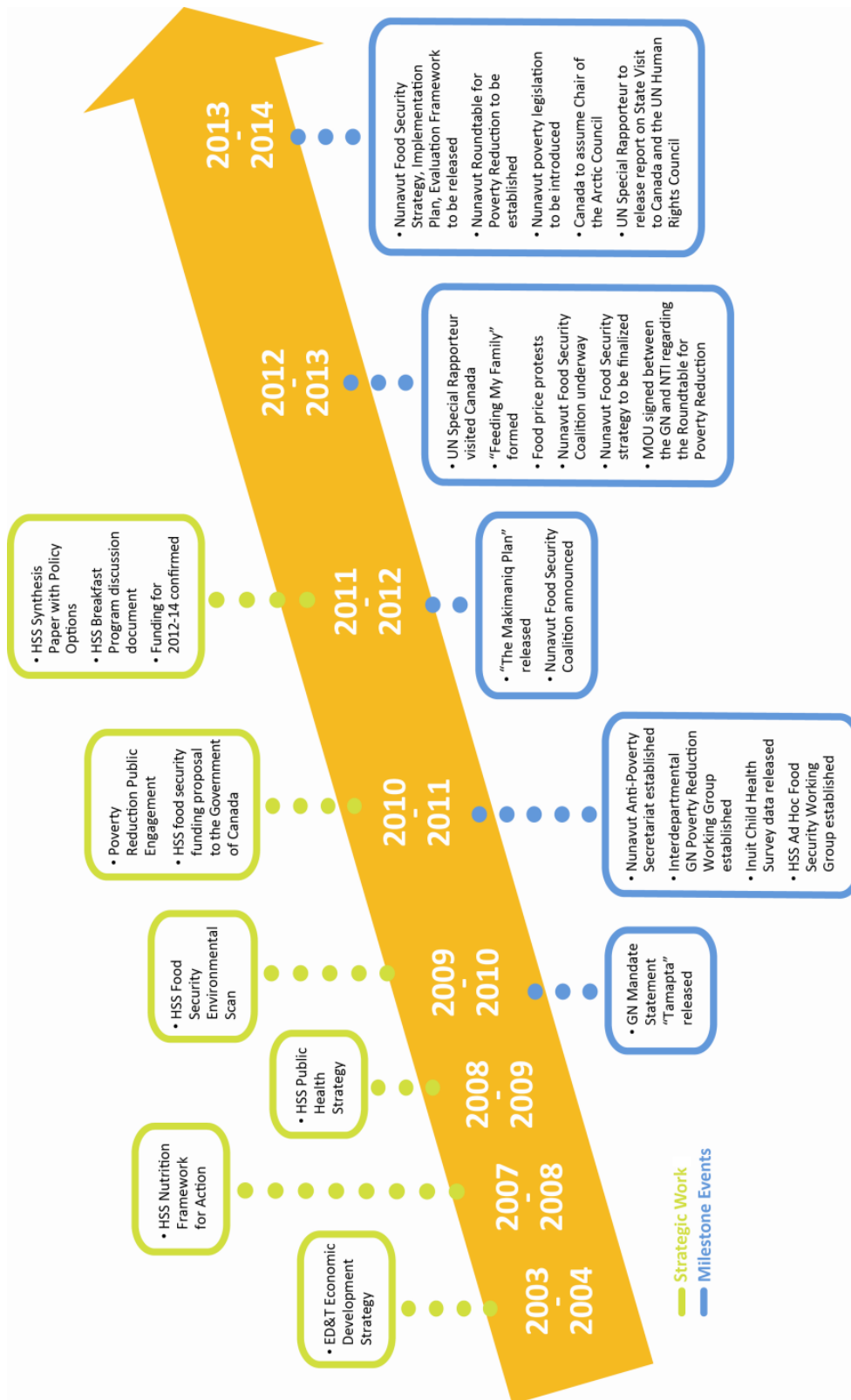


Image 1. Timeline of events that have built momentum on improving food security in Nunavut.



Food security is closely tied to poverty. Seeking a collaborative approach to addressing poverty, the Nunavut Roundtable for Poverty Reduction undertook an extensive public engagement process that was initially intended to broadly inform a territorial poverty reduction plan. However, it has also served to better understand the experience of food insecurity among Nunavummiut. At the November 30, 2011 conclusion of Nunavut’s Poverty Summit, Premier Eva Aariak announced the release of *The Makimaniq Plan: A Shared Approach to Poverty Reduction*<sup>2</sup>. Six interrelated themes emerged as areas for action to reduce poverty in Nunavut, including:

1. Collaboration and Community Participation
2. Healing and Wellbeing
3. Education and Skills Development
4. Food Security
5. Housing and Income Support
6. Community and Economic Development

Under the theme of Food Security, one of the goals was the establishment of a Nunavut Food Security Coalition (NFSC) that would convene stakeholders from government, Inuit organizations, NGOs, business, and research to “develop a long term, ongoing, inclusive, and sustainable approach to food security in Nunavut.”

Table 1. Interim Nunavut Food Security Coalition membership.

Inuit Organizations	Government of Nunavut Departments
Nunavut Tunngavik Incorporated	Department of Culture and Heritage
Kitikmeot Inuit Association	Department of Economic Development and Transportation
Kivalliq Inuit Association	Department of Education
Qikiqtani Inuit Association	Department of Environment
	Department of Executive and Intergovernmental Affairs
	Department of Health and Social Services
	Nunavut Housing Corporation

<sup>2</sup> [http://www.makiliqta.ca/uploads/The%20Makimaniq%20Plan\\_FINAL\\_ENG\\_20.12.11.pdf](http://www.makiliqta.ca/uploads/The%20Makimaniq%20Plan_FINAL_ENG_20.12.11.pdf)





Image 2. Nunavut Food Security Coalition co-leads (left to right) Jennifer Wakegijig (HSS), Ed McKenna (NAPS), and Natan Obed (NTI).

In June 2012, the interim NFSC was established, consisting of seven Government of Nunavut departments and four Inuit organizations (Table 1). The goal of the interim NFSC is to engage a broader group of partners to determine which policies, programs, and initiatives are most likely to have a positive impact on the food security of Nunavummiut. The NFSC is co-lead by Nunavut Tunngavik Incorporated (NTI), the Nunavut Anti-Poverty Secretariat (NAPS), and the Department of Health and Social Services (HSS) (Image 2). In this partnership, the responsibility for the creation of a coalition and strategy lie with NTI and NAPS, with HSS contributing funding and technical leadership to the process.

The NFSC has identified six key themes around which the territorial food security strategy will be structured: country food access, market food access, life skills, programs and community initiative, local food production, as well as policy and legislation (Image 3). In order to better understand these themes, thematic discussions took place during fall 2012. A broad group of partners was engaged to determine which policies, programs, and initiatives are most likely to have an impact on the food security of Nunavummiut. It was important to follow the Inuit guiding principle *Qanuqtuurniq*, or being innovative and resourceful, and focus on initiatives that can be undertaken by Nunavut-based partners within their mandates and using available resources – essentially doing more with what we have. Thematic discussion participants included NFSC members, other governmental representatives, key informants, strategic partners, and non-governmental organizations. The thematic discussions highlighted existing initiatives that influence food security in Nunavut, explored the viability of other policies and programs that might have an impact on food security, and identified knowledge gaps that should be filled in order to make responsible food security strategy decisions.



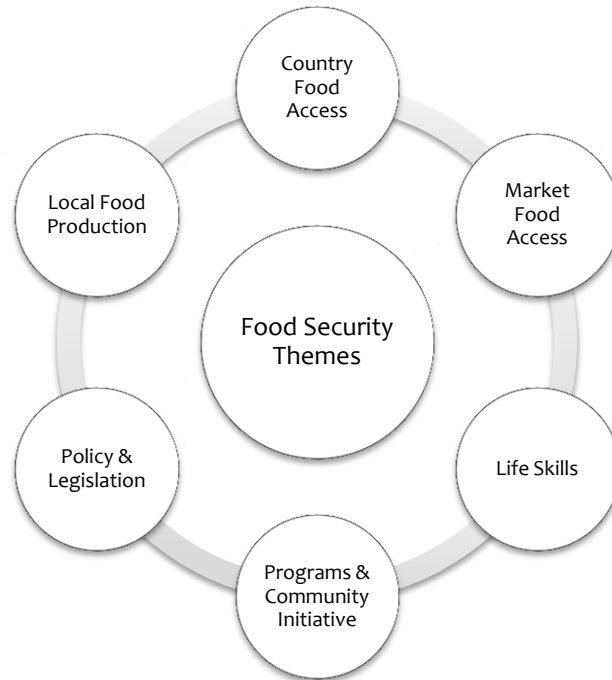


Image 3. Six food security themes identified by the NFSC.

Insights garnered from the thematic discussions culminated at the Nunavut Food Security Symposium. The symposium was a unique opportunity that gathered various stakeholders to consider their role in improving food security in Nunavut. This very much tied into the Inuit societal values of *Tunnganarniq* (fostering good spirit by being open, welcoming, and inclusive) as well as *Piliriqatigiinniq/lkajuqtiigiinniq* (working together for a common cause).

The symposium brought together 135 people who represented government departments, Inuit associations, NGOs, retailers, HTOs, community-based organizations, and academic institutions (Table 2 and Appendix A). The goal of the symposium was to engage a broad group of partners to identify policies, programs, and initiatives that are most likely to improve food security in Nunavut. Panel discussions, presentations, and working sessions were built around the six themes identified by the Nunavut Food Security Coalition. After three days of productive dialogue, Nunavut-based partners emerged with priority areas for action on each theme. These priorities will be used to inform the Nunavut Food Security Strategy, which will be announced in spring 2013.



Table 2. Affiliations of symposium attendees.

<b>Affiliation</b>	<b># of Attendees</b>	<b>% of Attendees</b>
Municipal/territorial government	45	33.3
Inuit organization	23	17.0
Research/educational institution	11	8.1
NGO	10	7.4
Retailer	7	5.2
Community-based organization	6	4.4
Legislative Assembly	5	3.7
Federal government	4	3.0
Hunters & Trappers Organization	3	2.2
Business	2	1.5
Other	19	14.1
<b>Total</b>	<b>135</b>	<b>100.0</b>





## SYMPOSIUM SUMMARY

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The Nunavut Food Security Symposium agenda (Appendix C) was structured to allow for meaningful discussions on the six themes that have been identified as potential areas for action on food insecurity in Nunavut, which are:

1. Country Food Access
2. Market Food Access
3. Life Skills
4. Programs and Community Initiative
5. Local Food Production
6. Policy and Legislation

## SYMPOSIUM SESSIONS

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Panel discussions, working sessions, and presentations occurred over the three days of the symposium (Appendix D). This dialogue was intended to build on previous thematic discussions and to identify priorities to include in the Nunavut Food Security Strategy.

### A Call to Action

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#### **A Call to Action**

(Presentation)


January 22, 9:15am – 10:30am, Koojesse Room

Don't miss this one! Nunavut Food Security Coalition leadership will provide a provocative overview of the issue, the work completed to date, and the process planned for the symposium.

*Presenters:*  
Jennifer Wakegijig  
Natan Obed  
Ed McKenna

#### *Presentations*

- Jennifer (Territorial Nutritionist, Department of Health and Social Services) spoke about the current rates and determinants of food insecurity in Nunavut, and outlined the significant health implications associated with food insecurity. Jennifer stressed the importance of country food, but emphasized that we must also recognize the role of market food.

- 
- Natan (Director of Social and Cultural Development, Nunavut Tunngavik Inc.) discussed Inuit harvesting rights under the Nunavut Land Claims Agreement (NLCA), and described the NLCA as being a key instrument for Inuit being able to access country food.
  - Ed (Director, Nunavut Anti-Poverty Secretariat) outlined the work that has been done by the Nunavut Anti-Poverty Secretariat, and described how the improving food security closely is closely tied to poverty reduction.
  - Goals of the symposium were outlined, including:
    1. Confirm who the partners are in a food security strategy going forward.
    2. Articulate a collective vision of the priority projects and initiatives which should form the basis of a collaborative food security strategy.
    3. Recommend the best model for collaboration among partner organizations.
  - Priority food security initiatives, distilled from a number of sources (i.e. poverty reduction public engagement, food security thematic discussions, Synthesis Paper on Policy Options for Addressing Food (In)Security<sup>3</sup>, and NTI's 2010-2011 Annual Report on the State of Inuit Culture and Society<sup>4</sup>) were presented.
  - Expectations for the next three days were described, highlighting how everyone could collaborate during the symposium.

## Country Food Access

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The theme of Country Food Access focuses on improving the ability of Nunavummiut to access country food, whether that be through informal sharing or formal commercialization.

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### **Transferring Traditional Skills to Future Generations**

(Panel Discussion)

January 22, 10:45am – 11:45am

There is growing concern that our youth continue to value and benefit from the consumption of country food, but perhaps lack the skills to do so.

*How are these skills acquired, and how can we ensure their transfer to future generations?*

*Moderator:*  
Helen Laroque

*Panelists:*  
David Joanasie  
Eenoapik Sageaktook  
Eugene Kabluitok

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<sup>3</sup> Prepared for the Department of Health and Social Services

<sup>4</sup> <http://www.tunngavik.com/files/2012/11/2010-11-SICS-Annual-Report-Eng.pdf>

## Presentations


- David (Media Advisor, Qikiqtani Inuit Association) spoke about how Inuit traditionally learned various skills by watching and doing, yet there are fewer and fewer opportunities to do so. There is a strong desire to pass on traditional skills to younger generations, and elders have an important role in making sure this happens.
- Eenoapik (Elder, Iqaluit) spoke about how country food was always shared with everyone. Now elders like her, as well as others, are craving country food because it is being shared less and less. Traditional knowledge is also being shared less, and she noted how Inuit used to have the skills to make everything they needed, from housing to ammunition. Eenoapik shed light on the fact that many elders are passing away, and much knowledge is being lost. She also acknowledged how hunger is related to many things, including unemployment, high cost of food, unfamiliarity with store-bought food, and poor choices (i.e. junk food, cigarettes, and alcohol).
- Eugene (Program Coordinator, Kivalliq Inuit Association) described cultural programs that are provided by Kivalliq Inuit Association, such as the winter and summer camps that teach skills such as how to navigate on the land, how to sew *kamiik*, how to construct *qamutiik*, how to skin and butcher animals, and how to build an *iglu*. Eugene highlighted the fact that many young Inuit have interest in learning traditional skills, but perhaps lack a mentor to teach these skills. Eugene emphasized that hunting builds pride, and that is very important. Eugene also noted that you can teach traditional skills in a classroom, but advocated for hands-on learning methods.



Image 4. (Left to right) Eugene Kabluitok, Eenoapik Sageaktok, David Joanasie, and Helen Laroque during the “Transferring Traditional Skills to Future Generations” session.

## Discussion

- Many animal parts are going to waste because people lack the knowledge to use them (e.g. beheading car even though the head can be eaten).

- 
- Since there is not necessarily new funding available, we should focus on embedding traditional skills into existing programming, such as the Canada Prenatal Nutrition Program (CPNP), cooking classes, or breakfast programs.
  - Passing on skills from older generations to younger generations is very dependent on the ability of youth to speak Inuktitut. Language skills must be preserved and enhanced to facilitate the transfer of knowledge.

### *Ideas*

- Establish compulsory courses in the curriculum that teach traditional skills.
- Develop a country food cookbook that focuses on underutilized animal parts.
- Ensure that younger generations learn Inuktitut.
- Provide more opportunities for interaction between elders and youth.
- Create a mentorship program that partners “teachers” with “students.”
- Identify funding opportunities for land-based programs.

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## **The Availability of Wildlife for Food**

(Panel Discussion)

January 22, 2:00pm – 3:00pm

A report prepared for the Nunavut Anti-Poverty Secretariat published last spring pointed to the general lack of knowledge about wildlife harvest levels, population statuses, and trends.

*Is it responsible, or even realistic, to expect that country food can be used to reduce food insecurity?*

*Moderator:*

Jo-Anne Falkiner

*Panelists:*

Peter Hale

Wayne Lynch


Ben Kovic

### *Presentations*

- Peter (Manager of Wildlife Research, Department of Environment) explained how his focus is on terrestrial ecosystems that typically have low stress thresholds, and noted that we must keep this vulnerability in mind when exploring the expansion of harvesting country food. A report<sup>5</sup> entitled “Availability of Caribou and Muskoxen for Local Human Consumption across Nunavut” was prepared by the Department of Environment for the Nunavut Anti-Poverty Secretariat. No new research was conducted, but instead existing knowledge was compiled in order to determine if species could handle increased harvest levels. Caribou statuses are

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<sup>5</sup> [http://env.gov.nu.ca/sites/default/files/availability\\_wildlife\\_report\\_2012\\_v1\\_8.pdf](http://env.gov.nu.ca/sites/default/files/availability_wildlife_report_2012_v1_8.pdf)



dire in known locations, or unknown altogether. Some harvest levels are unsustainable, and we probably can't expect to increase caribou harvests. The reindeer population on Belcher Islands (approximately 300) can sustain the people of Sanikiluaq, but not much else. Muskoxen were almost wiped out in the 1900s, so a moratorium was declared in 1927 and subsequently lifted in 1969. Now that populations have recovered muskoxen are harvested, monitoring is needed. Harvest restrictions are tough decisions that nobody wants to make, but we must learn from the past (i.e. decimation of the Southampton Island caribou herds) and we must look to the future (i.e. change diets to focus on underutilized species). Peter made three suggestions:

1. Identify needs of Nunavummiut and only export harvests if there is a surplus.
  2. Create species management plans that include community and scientific monitoring.
  3. Instate mandatory reporting of all harvesting for better understanding.
- Wayne (Director of Fisheries and Sealing, Department of Environment) discussed availability of wildlife from a marine ecosystems perspective. Current fisheries include char and turbot. There are currently four processors for char fisheries in Nunavut, harvesting only 29% of the total char quota. The entire turbot quota has been fished every year since 2010. There are many emerging fisheries as well (e. g. whitefish/trout, flounder, shellfish). Challenges include lack of infrastructure, logistical difficulties, lack of data, climate change, lack of capacity, and consumer preferences. Moving forward, we need to conduct more research, transfer successful technology from other jurisdictions, monitor stocks, improve infrastructure, and develop local markets.
    - PowerPoint presentation provided (Appendix G).
  - Ben (Representative, Baffin Fisheries Coalition) stated that we cannot and do not depend entirely on country food anymore. He acknowledged that there are many challenges to obtaining country food that go beyond the availability of wildlife (e.g. increased costs, decreased hunting opportunities, increased selling instead of sharing). There is an issue with commercial fisheries obtaining shrimp and turbot in Nunavut that are unavailable to the local market. Ben is worried about caribou, and although he has been taught that caribou herds naturally fluctuate, he wants to be able to rely on wildlife on a daily basis.

## Discussion

- There will always be hunters if there are animals to hunt.
- There is the issue of expanding communities causing increased localized population pressure.
- The airlines have played a pivotal role in terms of reducing freight costs of shipping country food. This helps inter-community sharing and selling, but also hinders monitoring.
- The harvest of country foods can continue and perhaps increase with better science, monitoring, education, and training. However, at this point not advisable to increase harvest quotas.
- Some hunters are shy and don't like to boast, so reporting on their harvests is a challenge.
- There is skepticism surrounding the notion of providing data to authorities due to the issues in the past (i.e. high harvests were reported, quotas were put in place).



Image 5. (Left to right) Ben Kovik, Peter Hale, Jo-Anne Falkiner, and Wayne Lynch during the “Availability of Wildlife for Food” session.

## Ideas

- Consider future demographics and recognize how increased populations cause increased demand on limited wildlife stocks.
- Explore better (and confidential) methods of reporting (e.g. touch screens).
- Educate ourselves: Why do we need monitoring? How will we use the information?

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## Increasing Community Sharing of Foods through Informal Networks

(Panel Discussion)

January 22, 3:15pm – 4:45pm

It is believed that increased community sharing of traditional foods through informal networks is needed for food security.

*How can the Nunavut Food Security Coalition support food sharing networks?*


*Moderator:*  
Lucy Burke

*Panelists:*  
Ed McKenna  
Norman Ford  
Sharon Qiyuk

## Presentations

- Ed (Director, Nunavut Anti-Poverty Secretariat) discussed how there is a gap, namely regarding storage capacity, in the country food distribution system. Community freezers






have been a solution in some places, but their maintenance is a challenge. The CFDP was established to help address this gap, and to support the free distribution of country food through community associations, including HTOs. However, HTOs have usually been involved with informal distribution networks, and it is therefore important to consider supporting informal networks as well. The CFDP is targeted toward people in need, and is explicitly designed to reach impoverished people who lack access to country food.

- Norman (Manager, Kangiqliniq Hunters and Trappers Organization) discussed the basic structure of HTOs. In Rankin Inlet, the HTO has a three year chairmanship to reduce administrative requirements and to enhance capacity. HTOs have a close working relation with NTI, GN, and NWMB and receive funding from them. Their mandate is to help hunters, which includes distributing equipment and ammunition, maintaining community freezers, dealing with food safety issues, amongst other tasks.
- Sharon (Manager of Nunavut Harvester Support Program, Nunavut Tunngavik Inc.) described the NHSP, which is used to help beneficiaries engage in harvesting activities. The NHSP has been in existence since 1993, when a \$15 million trust was established. \$3.5 million is available each year for Nunavut, and the trust only has 3 to 4 years of funding left. NHSP has five programs (e.g. community harvest program, large equipment program, traditional skills program). NHSP also supports administration fees and the bowhead whale hunt (\$5000 for each region each year). There is no requirement for recipients to provide a report, and no requirement to report back on catch with equipment used. Discussions about the future of the program are currently occurring between NTI board members, and they are seeking input from community members to determine how to best assist beneficiaries.

#### *Discussion*

- Funding that supports harvesting is available, yet there are problems with administering and obtaining funding that require improvement.
- Qamanirjuaq Caribou Management Board receives annual harvest estimates from all HTOs; however, there is not confidence in the accuracy of these numbers.
- Nunavut Social Development Council meeting in Cambridge Bay will occur “soon” to discuss recommendations for NHSP.

- 
- The lifetime of the trust (used for NHSP) is quickly running out, and the program is under review by the trustees (separate from NTI and regional Inuit associations).

#### *Ideas*

- Identify professional hunters with salaries and northern living allowances and benefits.
- Monitor NHSP recipients to ensure that harvests are not used for commercial use.
- Support communities so that they can better decide on what priorities and goals need to be set (i.e. empowering communities is important, yet communities are reluctant to take on too much responsibility because they may not be properly supported or well-equipped to deal with the challenges).
- Evaluate current programs through the lens of food security.

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### **Sustainable Country Food Commercial Access**

(Panel Discussion)

January 23, 10:45am – 12:00pm

Selling country food in stores and markets has had questionable success in terms of improving food security in Nunavut. However, sustainable commercialization of country food contributes to food security in Greenland.

*Can the market play a bigger role to ensure country food access in Nunavut?*

*Moderator:*  
Darrin Nichol

*Panelists:*  
Tim Ross  
Willie Hyndman

#### *Presentations*

- Tim (General Manager of Arctic Region, North West Company) stated that the goal of NWC is to work at all levels to bring products to communities at the right price.
- Willie (Executive Director, Project Nunavut) organizes the Country Food Market (CFM) in Iqaluit, and described the CFM as a “regulatory sweet spot” that allows Inuit hunters to sell their harvests. There are many benefits to the CFM because it is accessible (i.e. allows Iqalumiut to obtain country food), flexible (i.e. no commitments necessary on behalf of the hunters), direct (i.e. no middle man), and economically stimulating (i.e. provides hunters with necessary income). However, the CFM isn’t the full solution to ensuring country food access, as demand often outweighs supply. Willie suggested that a hunter sales tax could help

support the local traditional economy, and that larger commercial endeavours (i.e. hunters selling to retailers) could help meet demand.

- Darrin (President, Nunavut Development Corporation) explained that NDC was established by the GN as a business development entity with economic objectives including employment. NDC’s focus has changed over time in order to keep it relevant. NDC used to aim to export, but not anymore. Previously, 30% of harvests stayed in Nunavut. Now, 80% stays in Nunavut and 20% goes to northern markets. Darrin acknowledged that products aren’t seen as affordable for many Nunavummiut. Darrin also explained how commercial plants receive

subsidies to help cover costs, but it would be better if they were self-sustaining. Darrin noted that the alternatives would be to pay hunters less or charge consumers more. While a \$45 fish seems expensive, you must consider the costs of fishermen wages, airline freight, etc. Finally, Darrin emphasized how we should ensure sustainable wildlife so we don’t jeopardize stocks.



Image 6. (Left to right) Tim Ross, Darrin Nichol, and Willie Hyndman during the “Sustainable Country Food Commercial Access” session.

### Discussion

- Question to NWC: can caribou be butchered in Nunavut stores (i.e. not just cows)?
  - Perhaps, but we need to clarify regulations.
- Question to NWC: can you reduce the costs of country food by reducing interest rates on snowmobiles?
  - The costs of financing snowmobiles have been calculated to cover the cost of doing business in the north; however, they have transferred Link Cards to a different format so that there are staged finance costs; this will provide relief for “big ticket items” such as snowmobiles; this will be launched in April, and more details will be provided then.
- Statement to Willie: the Country Food Market doesn’t link easily to poverty reduction because many hungry people cannot afford the items.



- The Country Food Market is meant to support hunters as opposed to consumers, with the intention to provide them with the income they need to continue participating in the traditional economy and evade poverty themselves.
- Question to panel: there is an issue of losing nutrients through processing (i.e. removing heads and entrails); is there any way to reduce this?
  - Willie: Iqaluit Enterprises does sell whole char, but also sells value-added products (e.g. filets) so there is room for both options.
- Statement to NWC: It is good to hear that there are vendor agreements in the works between hunters and retailers, and that there are useful differences in territorial standards than federal standards; keep in mind that traditional cut-and-wrap facilities are less labour intensive and cheaper than intensive production methods; this could keep price points lower.
  - Yes, but people need to recognize that buying a fish from a store is inevitably more expensive than the cost of harvesting alone.

#### Ideas

- Explore the notion of a Hunter Sales Tax (similar to GST, but would support the traditional economy).
- Decide on standard pricing for the informal country food economy.
- Offer country food vouchers (related to public/private programs, including income support).
- Understand the potential regulations associated with commercialization of country food.
- Integrate a country food bank into the Country Food Market.
- Ensure that all animal parts are utilized in commercial endeavors.

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### Arctic Food Network

(Presentation)

January 23, 12:15pm – 1:00pm

*“The Arctic Food Network addresses an urgent need for a snowmobile accessed regional network of arctic farms, freezers, and camp hubs.”*

This session will allow us to learn about and discuss the Arctic Food Network – a funded project for an inter-community network of structures dedicated to harvesting, sharing, and storing of food.

Moderator:  
Ed McKenna

Presenter:  
Mason White



Mason White (Architect, Lateral Office) gave a special lunchtime presentation on the Arctic Food Network (AFN) – a snowmobile accessed regional network of arctic farms, freezers, and camp hubs<sup>6</sup>. The AFN won the Gold Award 2011 North America from the Holcim Foundation for Sustainable Construction. In December 2012, the AFN was awarded part of the newly established Arctic Inspiration Prize. This prize recognizes and promotes the extraordinary contribution made by teams in the gathering of Arctic knowledge and their plans to implement this knowledge to real world applications for the benefit of the Canadian Arctic and its peoples.




Image 7. Mason White (left) and Norman Ford (right) holding up a model structure of the Arctic Food Network.

The Arctic Food Network (AFN) is a regional food gathering system that enables communities to expand traditions of hunting and sharing, introduces new ways to acquire and store food, and encourages Northern Canadians to strengthen cultural connections with the land and each other. The network is comprised of a variety of cabins, sheds, and supporting infrastructure that merge architecture, landscape, and technology for the northern climate and Inuit culture. The AFN identifies innovative opportunities where sustainable development, country food harvesting, and community integration overlap.

Increased access to the land is expected to provide communities with more opportunities to procure country food, thereby positively affecting community health and wellness. Greater access to the land also provides a place to hold small on-the-land camps, as well as educational or cultural activities related to hunting, fishing, and gathering.

AFN will engage local knowledge holders and users to determine design, use and location of the cabins in and around participating communities that best reflect the needs of each place. Lateral Office has teamed up with Nunavut Tunngavik Inc., the Department of Culture, Language, Elders,

<sup>6</sup> <http://lateraloffice.com/#ARCTIC-FOOD-NETWORK-2011-12>



and Youth, and Nunavut Arctic College trades training program on this ambitious project. AFN proposes to promote health, build local capacity, and strengthen inter-community connectivity. It aims to achieve food security and self-sufficiency, and allows for cultural invigoration and development.

## Market Food Access

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The theme of Market Food Access involves partnering with retailers to improve the ability of community members to access healthy store-bought food.

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### **Potential Contribution of Retailers to Improve Food Security**

(Panel Discussion)

January 23, 8:35am – 9:35am


North West Company and Arctic Cooperatives Ltd. representatives will outline their potential role in supporting food security in Nunavut and will participate as panelists in a discussion to follow.

*Moderator:*  
Natan Obed

*Presenters/Panelists:*  
Tim Ross  
Doug Anderson  
Andy Morrison  
Duane Wilson

#### *Presentations*

- Tim Ross (General Manager of Arctic Region, North West Company) outlined NWC’s role in improving access to market food, including product optimization, Product and Value Guarantee Program, transportation and supply chain improvements, promotional activities, partnerships, country food advancement, education and outreach, and employment.
  - PowerPoint presentation provided (Appendix G).
- Andy Morrison (Chief Executive Officer, Arctic Cooperatives Ltd.) provided an overview of the co-op model. Co-ops pride themselves on concern for community. The co-op earnings are returned to co-op members. There are many existing programs provided by ACL, including the financial literacy program, “Yes We Can” aluminum can recycling program, recipe promotion program. Co-ops also offer leadership development, employee development, financial literacy, democratic member control.
  - PowerPoint presentation provided (Appendix G).



## Discussion

- Are retailers assisting local food banks through donations?
  - NWC → working with the food bank in Iqaluit; currently donating “consumable” products (past their best before dates)
  - ACL → the co-ops board of directors make decisions re: food banks and breakfast programs
- Are retailers considering selling traditional items from local carvers or seamstresses?
  - NWC → these items are based on supply and demand, and unfortunately in most places there isn’t the demand (except for high tourism communities)
- Are retailers going to make affordable country food available in stores?
  - NWC → want to product point country food but this hasn’t been an organized endeavor; relationships need to be established with suppliers; NNC provides subsidized transportation so that is an advantage; NWC will only carry country food in its stores if they can have value retail; relationships between retailers and hunters are fragile and NWC recognizes that it needs to consider the social and cultural impacts of commercialization
  - ACL → the ultimate co-op owners and decision makers are the community members; country food is near and dear to many peoples’ hearts; ACL has met with commercial plants and are looking for opportunities
- How do you see your organization being involved with the Nunavut Food Security Coalition?
  - NWC → we want to be part of the solution and part of the initiative; NWC will do as much as possible within its own role
  - ACL → breakfast programs and food banks are stop gap measures; the problem of food insecurity is more fundamental; need to focus on education and employment

## Ideas

- Provide an opportunity for retail customers to make point-of-purchase donations to the food bank (e.g. by buying prepared food bank “bags” or “vouchers”).
  - Note: this assumes that there are food banks in each of the communities





## Life Skills

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The theme of Life Skills focuses on increasing food security related skills, such as financial management, nutrition knowledge, and cooking skills.

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### **Transferring Contemporary Skills to Future Generations**

(Panel Discussion)

January 22, 1:00pm – 2:00pm

This session will highlight programming that both existed in the past and exists in the present to help Nunavummiut gain skills in food preparation and food budgeting related to market foods.

*How can the Nunavut Food Security Coalition support improvements in this area?*

*Moderator:*  
Shylah Elliott

*Panelists:*  
Mary Wilman  
Joy Walker  
Dan Page

#### *Presentations*

- Mary (Coordinator, Home Management Program) provided a retrospective of the Department of Adult Education’s Home Management Program that existed in the 1970s. Children attended Home Economics formally (i.e. at school), while community members, mostly women, attended Home Management informally (i.e. in their own homes). The program was very successful and available to everyone. Communities identified their own priorities and the program trainees helped address them. Teaching cooking skills and translating recipes from English to Inuktitut were popular initiatives. Even though the program no longer exists, its legacy lives on through those who were involved in the program (i.e. generational learning).
- Joy (Regional Public Health Nutritionist, Department of Health and Social Services) gave an overview of the nutrition programming provided by HSS, including cooking classes that are offered to a variety of groups and the Canada Prenatal Nutrition Program that is offered to pregnant women or mothers with young children. Joy outlined how many things are needed to make these programs work well, including kitchen facilities, equipment, recipes, staff, food, money, and professional support.
  - PowerPoint presentation provided (Appendix G).
- Dan (Manager of Adult Education Programs, Nunavut Arctic College) explained how he is working with Canadian Northern Economic Development Agency (CanNor) to rejuvenate the





Adult Basic Education Program. The Nunavut Arctic College has a learning centre in almost every community. There are shops and kitchens for butchering and cooking. The 12-week long Camp Cook program is related to food security, and is offered thanks to the Department of Education and the regional Inuit associations. It involves a spectrum of skills that are integrated in a household (i.e. food handling, nutrition, health, sanitation), and also includes literacy and numeracy components. The goal of many participants is to learn skills for day-to-day life but also to find employment afterward (i.e. in mining camps, hotels).

#### *Discussion*

- Certain groups need these skills more than others (e.g. Income Support recipients, young families, parents).
- Programs should also teach how to use leftovers, because a lot of food gets thrown away.

#### *Ideas*

- Partner audience holders (i.e. schools) with knowledge holders (i.e. nutritionists).

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### **Supporting Skills and Knowledge to Improve Food Security**

(Presentation and Working Session)

January 22, 2:00pm – 4:45pm

During the fall's thematic discussion, key partners identified logical projects that are needed in order to improve life skills and financial literacy. This working session will involve further discussion of these potential projects and how we might collaborate on them. In addition, a presentation will be provided about potential on-line approaches to improving skills and knowledge.

*Moderator:*  
Jennifer Wakegijig

*Presenters:*  
Anna Ziegler  
Cindy Cowan  
Sue Hamilton

#### *Presentations*

- Jennifer (Territorial Nutritionist, Department of Health and Social Services) outlined initiatives that have been identified at the Life Skills and Financial Literacy thematic discussion, including:
  1. Share inventory of teaching materials and information
  2. Collaboratively create core resources needed by educators
  3. Provide learning opportunities for more learners





4. Support educators to embed food security in existing learning programs
5. Campaign to “de-normalize” unhealthy eating/normalize healthy eating
  - PowerPoint presentation provided (Appendix G).
- Anna (Educational Resources and Program Developer, Nunavut Literacy Council) presented lessons that have emerged from her experiences with the NLC. While content is important in literacy courses, the learning process is most important (i.e. how to acquire information and how to share it). There is a need to create safe spaces in which learning can take place (i.e. environments that are informal, voluntary, empowering of self-directed learning). Language development is strongly connected with transmission of knowledge and core life skills; there are ways Inuktitut can be strengthened. It is important to actively, consciously and diligently embed literacy into every other program opportunity, as 70% of Nunavummiut in 2002 did not meet the lowest benchmark of literacy in Canada.
- Cindy (Director of Community and Distance Learning, Nunavut Arctic College) spoke about NAC programs related to enhancing life skills, specifically Early Childhood Education and Camp Cook. NAC is focused on enhancing existing programs and reforming Adult Basic Education. Funding from CanNor is allowing NAC to look at contextualizing adult learning in Nunavut to be bilingual and bicultural. NAC is also undertaking a project with NLC to develop a tool for adult educators to look at community projects and assess their positive outcomes. This is directly and consciously linked to The Makimaniq Plan.
- Sue (Consulting Nutritionist, Service Open2Learn) gave a presentation on two web-based approaches to food security and related skills. “Healthy Living in Nunavut” is a facilitated online non-credit course that targets front-line wellness workers. “Inuit Food Security Pilot Module” is a website to explore food security basics that targets secondary students in Inuit communities. There is a 40% completion rate, and these rates improve with strong community or regional support. Lessons have been learned from these web-based tools: infrastructure (e.g. bandwidth, software, technical support) is lacking in some communities; while some of the modules are in English and Inuktitut, it is challenging to support unilingual participants; finally, facilitation is an important feature of these initiatives.
  - PowerPoint presentation provided (Appendix G).

*Discussion/Ideas*



- Brainstorming occurred on the following topics:
  - What principles or approaches should be part of the Nunavut Food Security Strategy?
  - How can educators be supported by the Nunavut Food Security Coalition?
  - What should the priority initiatives be for the Nunavut Food Security Strategy?



Image 8. Participants listening to moderator Jennifer Wakegijig during the “Supporting Skills and Knowledge to Improve Food Security” presentation and working session.

## Programs and Community Initiative

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The theme of Programs and Community Initiative focuses on efforts to improve food security amongst vulnerable populations, to support grassroots programs, and to enhance breakfast programs.

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### Supporting Specific Initiatives that Address Acute Food Insecurity

(Panel Discussion)

January 23, 1:00pm – 2:00pm

Around the world and across Nunavut, initiatives that address acute food security, such as food banks and soup kitchens, emerge in order to help people who struggle with hunger.

*How can the Nunavut Food Security Coalition support initiatives such as these?*

*Moderator:*  
Brenna MacEachern

*Panelists:*  
Diana Stapleton  
Kathleen Irwin  
Jen Hayward



## Supporting Community-Based Food Security Initiative More Broadly

(Panel Discussion)

January 22, 2:00pm – 2:45pm

In continuation of the previous session, we will discuss community-based food security initiative more broadly as it relates to wellness.

*Moderator:*  
Jennifer Wakegijig


*Panelists:*  
Kathleen Irwin  
Diana Stapleton  
Jen Hayward

*How can the Nunavut Food Security coalition support community-based food security initiative more broadly?*

### Presentations

- Diana (Research Coordinator, Food Banks Canada) gave a brief history of hunger in Canada and the response of food banks. She outlined the role of Food Banks Canada, whose mission is to “reduce hunger in Canada by enabling an effective food bank community that addresses the short term need for food and longer term solutions.” Food banks typically distribute three to five days’ worth of food once per month, so they are meant to be a supplemental food source rather than a primary food source. Diana also gave an overview of how to start a food bank.
  - PowerPoint presentation provided (Appendix G).
- Kathleen (Coordinator, Rankin Inlet Food Bank) explained how she has been running the self-sustaining Deacon’s Cupboard, a joint thrift shop and food bank, by herself for 18 years. It is challenging to do on her own, and she receives a lot of pressure from her clients. She has recently applied to be a charitable organization, and receives donations from mining companies, retailers, sealift surpluses, and others.
  - PowerPoint presentation provided (Appendix G).
- Jen (Board Member, Nunavut Food Bank) described how the Iqaluit food bank was established in 2001 and offers bi-weekly distribution of foods. The Iqaluit food bank uses a “southern model” that works in the territorial capital but wouldn’t necessarily work in smaller communities. They rely 100% on donated funds/food/space/time. First Air, Northmart, Nunastar, Arctic Ventures have all partnered with the food bank. The Nunavut Food Bank is a CRA registered charity and have 100 regular volunteers.
  - PowerPoint presentation provided (Appendix G).

### Discussion

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- Food banks require a “charitable organization” designation to provide tax receipts for donations, and this is a potential barrier for some of the smaller communities.
  - Food banks can only donate perishable foods if they were purchased on the same day.

#### *Ideas*

- Share knowledge and experience so that others can replicate successful initiatives (i.e. create how-to guides).
- Promote volunteerism (i.e. mass registration, Facebook groups).
- Offer different levels of volunteer opportunities (i.e. as much or as little as people can contribute) to reduce reluctance to start.
- Help with red tape for startup (i.e. provide guidelines).
- Work with HTOs and hunters to help provide country food at food banks.
- Work together so that not everyone is chasing the same (limited) funding.
- Celebrate small successes.
- Build awareness of “best before” versus “expiry” dates.

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### **Enhancement of Breakfast Programs**

(Presentation and Moderated Discussion)

January 23, 3:00pm – 4:15pm

Enhancing existing breakfast programs has been seen as a priority in Tamapta, The Makimaniq Plan, and in our food security thematic discussions.

*Moderator:*  
Natan Obed

*Presenter:*  
Sue Hamilton

*How can the Nunavut Food Security Coalition ensure the enhancement of breakfast programs in Nunavut?*

#### *Presentations*

- Sue (Consulting Nutritionist, Service Open2Learn) gave a presentation on the discussion document on breakfast programs in Nunavut she created in 2012 for policy makers. She highlighted the current status of breakfast programs and potential ways for moving forward. Breakfast programs have a positive effect on health, school attendance, behaviour, and academic performance. In Nunavut, breakfast programs are predominantly funded by Brighter Futures, which is administered by HSS. There is general agreement that breakfast programs are valuable, but there is too much reliance on teachers. Sue showed a cost



estimate of approximately \$3.2 million for territorial breakfast programs. She also presented three proposed territorial administrative models, which are: Model 1 (revamped GN model), Model 2 (Nunavut-registered charity), and Model 3 (partnership with Canadian charity).

- PowerPoint presentation provided (Appendix G).

#### *Discussion*

- Depending on which model potentially gets used, it is a good idea to utilize existing charitable organizations opposed to creating a new one. However, we need to be cautious over using the term “charity” as it implies a negative connotation.
- North West Company representative made the following statements:
  - NWC is willing to help reduce the cost of food and freight through subsidies
  - NWC is ready to look for the “right product” (i.e. commercial packaging, bulk items)
  - NWC is willing to finance and store food in warehouses
  - NWC is willing to participate in education programs and community initiatives

#### *Ideas*

- Reduce the burden of breakfast programs on school staff.
- Collaborate with home economics classes (i.e. students bake muffins to be served for breakfast).
- Integrate breakfast programs into the school curriculum.

### Local Food Production

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The theme of Local Food Production explores community-based or territory-wide initiatives that produce local food for Nunavummiut, whether it be through informal methods (i.e. gardens, greenhouses) or formal businesses (i.e. bakeries).

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### **Exploring the Potential of Local Food Production**

(Panel Discussion)

January 23, 9:35am – 10:30am



Local food production in Nunavut is not well-established. As such, this exploratory session will discuss ways in which we might expand Nunavut's potential. Panelists from Nunavut, Nunavik, and the Northwest Territories will discuss what they have learned in terms of Arctic food production viability.

*Moderator:*  
Bethany Scott

*Panelists:*  
Jim Little  
Adel Yassa  
Gene Hachey

### Presentations

- Gene (Consultant, Agriculture, Agri-Foods, Commercial Wildlife Development) described his experience with greenhouses in the Northwest Territories. He acknowledged that only a small percentage of people grow their own food. He noted that it is important that certain questions need answering before greenhouses are created so that everyone has the same (realistic) expectations. Although grocery stores make an incredible effort to ensure that good product arrives, it sometimes goes bad (i.e. demand is there, but perhaps the timing is off). We need to take advantage of what we have: unused building space (e.g. schools, offices) and lots of daylight during the summer. It is also important to consider the cost-benefit of local food production.

- PowerPoint presentation provided (Appendix G).

- Adel (Director of Regional and Local Development, Kativik Regional Government) gave an overview of local food production in Nunavik. Similar to Nunavut, they consume country foods but are highly dependent on imported food (84% of calories are sourced outside of Nunavik). Some commercial production of local foods exists (one functioning restaurant, two smokehouses, one shrimp fishery, and various household entrepreneurs).


There are three approaches to increased food self-sufficiency: enhancement of existing resources, introduction of new resources, and local food transformation. The Nunavik Local Food Production Conference took place in December 2012 and examined how local initiatives can impact northern food security.

- PowerPoint presentation provided (Appendix G).



Image 9. Adel Yassa (left) and Jim Little (right) during the “Exploring the Potential of Local Food Production”



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- Jim (Director, Bill Mackenzie Humanitarian Society) has been heavily involved with composting in Iqaluit. He started in the 1990s as an alternative to open burning. Creating a “class A” compost (i.e. sanctioned by federal inspection and designated to be sold) is possible in the north, and there are even benefits to the cold (i.e. reduced labour costs due to short composting season). The compost he has created in Iqaluit is extremely productive, and 1560 tons of topsoil could be produced in Iqaluit each year given the proper resources. However, Jim has struggled with getting enough funding to continue his efforts, as the demand for composting has increased but his limited resources have not.
    - PowerPoint presentation provided (Appendix G).

#### *Discussion*

- Agriculture Canada’s Growing Forward program may be able to help with local food production in Nunavut.
- There is a lot of talk regarding “informal” local food production – from households baking goods (i.e. sold on Iqaluit Sell/Swap Facebook page) to making pasta (i.e. sold at the local grocery store in Nunavik).

#### *Ideas*

- Create a Growing Forward funding proposal to enhance local food production.

## Policy and Legislation

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The theme of Policy and Legislation considers ways in which policies or legislative actions can be used to enhance food security in Nunavut.

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### **Legislation that can Impact Food Security**

(Presentation and Moderated Discussion)

January 24, 8:45am – 9:15am

This session will highlight food security-related legislation that has been implemented both within Nunavut and around the world.

*Moderator:*  
Karliin Aariak

*Presenter:*  
Adrienne Silk





### *Presentation*

- Adrienne (Legal Counsel, Department of Justice) gave a presentation on food security and the law, and outlined some examples of attempts to legislate food security in other countries. Adrienne described the notion of food security from a human rights perspective, and recognized that the right to food is part of international law. Adequate food is guaranteed in many international treaties (e.g. International Covenant on Economic, Social, and Cultural rights, Convention on the Rights of the Child), and Canada is a signatory to all of these treaties. However, international human rights have no direct domestic application, and therein lies the problem. Canada has taken an “income security” approach to food security, whereby programs (e.g. National Child Benefit, Guaranteed Income Supplement) are aimed at ensuring that Canadians can afford food by trying to ensure a minimum income-level.
  - PowerPoint presentation provided.

### *Discussion*

- While the notion of legislating food was part of Adrienne’s presentation, it was noted that this is beyond the scope of the symposium.

### *Ideas*

- Explore ways in which policy and legislation may be used to improve food security in Nunavut.

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## **Partnerships that can Impact Food Security**

(Presentation and Moderated Discussion)

January 24, 9:15am – 10:15am

This session will explore governance structures across Canada and elsewhere that have been used to coordinate intersectoral action on food security. This research will be presented along with recommendations for potential best-fit approaches for Nunavut.

*Moderator:*  
Karliin Aariak

*Presenter:*  
Alex Ker

### *Presentation*



- Alex (Consultant, Aarluk Consulting Inc.) presented on potential governance structures that have been used elsewhere in Canada and that may be considered by the Nunavut Food Security Coalition. She argued that the need for partnerships in a Nunavut Food Security Strategy suggests a “collaborative governance” type approach. There are a number of potential structures or mechanisms that could be used, including a food network/coalition, non-governmental organization, or food policy council. Each of these has its own key features, strengths, and challenges.

- PowerPoint presentation provided (Appendix G).



Image 10. Alex Ker presenting during the “Partnerships that can Impact Food Security” session.

### Discussion

- It is useful to look at how different jurisdictions approach food security, but we must recognize that Nunavut has a very unique context.
- It would helpful to determine which food security outcomes we want, and then determine which structure or mechanism would be most appropriate.

## Achieving a Collective Vision

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On Day 3, NFSC co-leads presented what seemed to emerge as key areas for action on food security, and encouraged feedback from symposium participants.

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### Review of Key Symposium Outcomes

(Working Session)

January 24, 10:30am – 12:00pm

Don't miss this one! Symposium coordinators will share their compilation of input received during symposium, and confirm with participants that this record accurately prioritizes issues and initiatives.

Presenters:  
Natan Obed  
Ed McKenna  
Jennifer Wakegijig

## Presentations

- After having summarized the dialogue from the thematic discussions and the symposium, Natan, Ed, and Jennifer presented what were considered to be the priority areas for action for each theme.
  - PowerPoint presentation provided (Appendix G).

## Discussion

- While there was not much time for dialogue, symposium participants did not identify glaring omissions or inappropriate inclusions.
- Some adjustments were made, and these are reflected in the next section entitled “Priority Areas for Action.”

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## How We Will Work Together to Make a Difference in Food Security

(Working Session)

January 24, 1:00pm – 3:00pm

Working session will involve discussion of how to move forward with regards to the identified priority initiatives.

Presenters:  
Natan Obed  
Ed McKenna

## Discussion

- After reviewing each of the thematic overviews, Natan and Ed opened the floor to comments from symposium participants.
- Decisions regarding governance structure can be deferred for now, and later determined through the strategy development process.
- The Nunavut Roundtable for Poverty Reduction is in place, and is aware of the links between poverty reduction and food security.



Image 11. Edna Elias, Commissioner of Nunavut, contributing during the sessions.

- We need to not only maintain the existing interim NFSC, but strengthen and expand it. The future NFSC will be open to the participation of other organizations that “share the mission” of improving food security in Nunavut.
- The Nunavut Housing Corporation made an announcement regarding changes to Nunavut’s Public Housing Rent Scale that would reduce disincentives to employment and support the goals of poverty reduction. Highlights include:
  - Rent will be assessed on the income of the two primary leaseholders only.
  - The new method for calculating rent is based on a step scale that is similar to federal income tax.
  - The minimum rent threshold will be indexed to Nunavut’s minimum wage.
- Some participants gave some statements, including:
  - ACL gave a “pledge of allegiance” and stated that what is happening here is consistent with the values of the co-op.
  - Nunavut Literacy Council is willing to support the strategy in any way they can. Literacy and education are a key focus of the NLC.
  - Qaujigiartiit Health Research Centre willing to do work on health/social policy research.
- On behalf of the symposium organizers, Natan thanked each and every participant for attending the Nunavut Food Security Symposium and contributing to the discussion on the issue.
- Eenoapik provided some heartening closing comments:



*“I am very grateful that this is coming together [when] I’m still alive. I am very very grateful I am the eldest of the group. I am 85 years old. I can see the future and I can leave peacefully knowing that the future generations are going to be in good hands ... I am just grateful that I was invited and that I was here.”*

Image 12. Eenoapik Sageaktook offering some closing remarks.



## OUR COLLECTIVE VISION: PRIORITY AREAS FOR ACTION

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The following is the product of several stages of dialogue and strategic work on poverty reduction and food insecurity in Nunavut, including public dialogue on poverty reduction, a poverty policy forum and summit, a literature and document review, a series of food security related thematic discussions, and finally the Nunavut Food Security Symposium.

At the conclusion of the symposium, participants agreed that the priorities expressed in the following pages represent the "Collective Vision" of key Nunavut-based partners with regards to the broad approaches and specific priorities that can have an impact on improving food security in Nunavut.

The approaches and priorities fall under six key themes:

1. Country Food Access
2. Market Food Access
3. Life Skills
4. Programs and Community Initiative
5. Local Food Production
6. Policy and Legislation


### Country Food Access

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Symposium participants discussed various elements of country food access and identified key priority areas for action that are essential for long-term sustainable access to country food, which is so important to Inuit. These priorities touch on supporting hunting, harvesting, sharing, preparing, and consuming country food. Many issues were discussed that affect country food access, including loss of traditional knowledge, gaps in knowledge related to wildlife availability, increased population pressure, and the challenge of choosing to share or sell harvests.

Priority areas for action on this theme:

#### *Transferring Traditional Skills to Future Generations*

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1. Strengthening Inuktitut language skills is essential to allow for knowledge transfer between elders and youth.
  2. Supporting the transfer of traditional skills using formal (e.g. school-based) and informal (e.g. mentorship-based) methods.

#### *The Availability of Wildlife for Food*


1. Ensuring that the needs of Nunavummiut continue to be balanced with the principles of conservation for harvesting wildlife stocks.
2. Recognizing the potential of intercommunity sharing networks to help with local wildlife shortages or surpluses.
3. Supporting a shift toward expanding food preferences (i.e. “make the unappetizing appetizing”), consuming additional local species (e.g. whelks, harp seal, turbot), and utilizing all parts of the animal (e.g. whale meat, bones).
4. Filling knowledge gaps through culturally-appropriate wildlife research, involving both traditional and scientific knowledge, to ensure harvest levels are sustainable.

#### *Increasing Community Sharing of Foods through Informal Networks*

1. Promoting the continuation of informal sharing that has occurred in the past and still occurs today (e.g. through radio announcements, community feasts).
2. Supporting communities to effectively utilize funds targeted at country food access (e.g. Nunavut Harvester Support Program, Country Food Distribution Program).
3. Incorporating a sharing component into hunter support programs (e.g. recipients could be required to show they contribute food security by providing country food to elders and others in need).

#### *Sustainable Country Food Commercial Access*

1. Exploring the sustainable commercialization of country food, while also ensuring that traditional sharing is also supported, and that country food is available to those who need it most (e.g. elders, single mothers).
2. Redirecting current food exports (e.g. turbot) to local markets.

- 
3. Exploring ways to make country food available in stores at affordable prices (e.g. clarifying inspection requirements).
  4. Improving community-based infrastructure to provide hunters with places to store, prepare, share, and sell their harvests.
  5. Considering food security subsidies for meat and fish plants.
  6. Exploring additional ways to ensure hunters can be compensated (e.g. professional designation, with salaries and benefits).

## Market Food Access

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Nunavut's two major retailers showed considerable commitment to supporting food security in Nunavut, acknowledging their roles as major employers, providers of training, and purveyors of food. They acknowledge the responsibility they have to be part of a solution to food security in Nunavut and provided tangible ideas of their commitment to this issue. Retailers are encouraged to become formal partners in a Nunavut Food Security Coalition, alongside Nunavut-based partners and to include their proposed initiatives in a 5-year action plan to address food security.

Priority areas for action on this theme:

1. Maintaining a relationship with Nunavut's retailers, who are important partners in food security, and including their initiatives in a collaborative strategy.
2. Continuing to support in-store promotion of healthy eating, such as the recipe promotion program and in-store taste testing initiatives currently underway and planned.
3. Undertaking nutritious food basket surveys and regularly comparing these with income support food allowances as an advocacy tool.
4. Further exploring the potential of making country food available in stores at affordable prices.

## Life Skills

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Symposium participants agreed that increasing opportunities to strengthen skills and knowledge related to food security is a priority. Key areas for skills and knowledge development are: food use skills (including country foods and market foods), budgeting and food planning, infant feeding





(especially breastfeeding and babies' needs for iron-rich solid foods), and children's eating. For sustainable change, we also need to support strengthening of foundational skills, including language and literacy. For example, the Inuit language is essential for intergenerational transmission of skills related to food use, budgeting, and planning.

Overarching principles for action on this theme:


1. All initiatives should be in harmony with Inuit language and culture.
2. We should strive to integrate language and literacy skills development into food skills programs, so that our efforts are always contributing to sustainable change.
3. We must strive to support safe, engaging and culturally based learning spaces, recognizing that the acquisition of skills and knowledge related to food security is a complex process of learning and personal development.
4. Recognize, value, and support the possible roles of all Nunavut's educators, including nutritionists, teachers, college instructors, health professionals, elders, parents, peer groups, retailers, media, etc.

Priority areas for action on this theme:

1. Creating a way to share and promote existing learning resources between organizations, learning programs, and the public.
2. Making core learning resources about the key areas for skills development (e.g. food use, budgeting and food planning, infant and child feeding) to support educators in variety of programs and settings (including formal settings, such as schools and the college, and informal settings, such as in community groups)
3. Fostering a network of educators involved in supporting the development of life skills for food security, including content experts, formal educators and informal educators.
4. Supporting educators to include food skills and knowledge development in their programs, such as by providing resources, training, and encouragement.
5. Embedding language, literacy, and other foundational skills into learning programs and resources related to food security to support sustainable change and self-sufficiency.





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6. Making more skills development programming available for children and adults, in such as CPNP-type programs and home economics programs, in formal settings (e.g. colleges, schools) and informal settings (e.g. community groups).

## Programs and Community Initiative

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Beyond skill development programs, which are a clear priority, there are other community programs and initiatives that can make a difference in food security in Nunavut.

Breakfast programs were discussed as having measurable benefits to children, who experience hunger due to the struggles of their parents. Breakfast programs are recognized across Nunavut as a needed initiative to support food security in this vulnerable population, as well as having other benefits that include improving school attendance and behavior. While promoting self-reliance should be seen as a priority in a food security strategy, it was felt by symposium participants that this can be incorporated to breakfast programs by involving community members and older students in running these programs.

Acute food security initiatives were discussed, such as food banks and soup kitchens. Though they are intended as a short term solution to severe food insecurity, which governments generally do not fund, they are recognized as providing a valued and needed service in communities. Volunteers who run them may not have the support they need to complete paperwork to access available funds, and struggle to maintain these initiatives.


Priority areas for action on this theme:

### *Breakfast Programs*

1. Establishing sustainable breakfast programs for children in all communities.
2. Engaging parents and community members in school food programs.

### *Specific Community-Based Initiatives that Address Acute (Emergency) Food Insecurity*

1. Preparing tools for food banks, soup kitchens, food hampers, and community lunch programs.



### *Broad Community Initiative*

1. Supporting community networks and volunteerism.
2. Assessing community assets and gaps for food security.
3. Establishing community facilities including community kitchens and multi-functional, community food centres.

### Local Food Production

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While local food production did not emerge as a leading priority, participants were interested in looking at various options that could be viable for Nunavummiut. There are ways we can make better use of current resources and we are committed to building on existing research and experience in other Inuit jurisdictions that could have success in Nunavut. As a territory, we need to support the creativity and ingenuity of community groups and individuals who are exploring innovative ways to grow food locally. There are unexplored opportunities for development of local food production using materials or resources normally thought of as waste.

#### Priority areas for action on this theme:

1. Sharing innovative ideas with communities across Nunavut, such as community composting, and other ways of doing more with what we already have.
2. Exploring the financial viability of greenhouses and other food production initiatives that may have potential in Nunavut.
3. Empowering people to produce food and informing them about what is being done elsewhere.

### Policy and Legislation

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The Nunavut Food Security Coalition was able to undertake mostly exploratory steps in the area of policy and legislation, and further research and reflection are needed in this area before any action is pursued. A presentation provided at the symposium detailed some approaches taken around the world, and interesting discussion ensued.



Priority areas for action on this theme:

1. Exploring legislative approaches to protecting traditional economy.
2. Supporting Bill 46 – *Donation of Food Act*.
3. Examining equity of existing policies, regulations, and subsidies across communities.
4. Promoting self-reliance among income support recipients.
5. Considering income support reforms, pension indexing and other tools to ensure adequate incomes.



## OTHER SYMPOSIUM HIGHLIGHTS

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### OPENING EVENING

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On January 21, 2013, the Nunavut Food Security Symposium began with an opening evening welcome event that took place at the Qayutuvik Society's Soup Kitchen. After the lighting of the *qulliq* (Image 13), Eva Aariak, Premier of Nunavut, provided opening remarks (Image 14). Peter Taptuna, Minister of Economic Development and Transportation, and Cathy Towtongie, President of Nunavut Tunngavik Inc., also addressed symposium attendees.



Image 13. Eenoapik Sageaktook lighting the qulliq with Karliin Aariak looking on.



Image 14. Premier Eva Aariak providing opening remarks.

Following the speeches made by NFSC leadership, additional presentations were given by impassioned and inspiring community members. David Wilman presented on behalf of Tukisigiarvik Friendship Centre, which is a wellness centre in Iqaluit (Image 15). Tukisigiarvik, meaning “place to find understanding” in Inuktitut, was established in 2003 as a result of community consultations that identified the need for a wellness centre to help Inuit cope with health and social issues in Iqaluit. Traditional foods are harvested through the centre’s land skills program, and it is one of the only places where Iqalumiut, who perhaps lack hunters in their households or have insufficient sharing

networks, can obtain country food at no cost. However, Tukisigiavik is much more than a source of food. The centre teaches cultural skills such as how to sew clothing, how to prepare country food, and how to build *qamutiik*.



Image 15. David Wilman presenting on behalf of Tukisigiavik Friendship Centre.



Image 16. Leesee Papatsie and Eric Joamie presenting on behalf of Feeding My Family.

Leesee Papatsie and Eric Joamie then presented on behalf of Feeding My Family, which is a group that has been working hard to bring awareness to the fact that the high cost of food is preventing many Northerners from living healthy, happy and productive lives (Image 16). The current objectives of Feeding My Family are:

1. Encourage Northerners to empower themselves to create independence from within the people at the grass roots level.
2. Unify people across the North to share one voice.
3. Encourage Government policy-makers and retailers to find better ways to lower the cost of food (Nutrition North Canada is not doing enough).
4. Encourage new food suppliers to operate in the North in order to increase competition and lower prices.
5. Encourage improvements in food quality through better inventory control, such as: Removing inedible and rotting food from store shelves; Proper food shipping and handling; and Reducing transit time for perishable foods.
6. Encourage establishment of more Food Banks.

7. Work with Government and other NGOs to improve the overall quality of life for Northerners.

Leesee concluded the provocative presentation by calling on all symposium participants to spend the next three days thinking about food security from the perspective of those who are experiencing hunger in the north (Image 17).



Image 17. Symposium participants listening to the speakers at the Soup Kitchen.

## PHOTOVOICE EXHIBIT

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The Qaujigiartiit Health Research Centre generously shared the results of two Photovoice projects that took place in Iqaluit (Image 18 and Appendix H). The photos, taken by Iqalummiut, and the quotes, spoken by Iqalummiut, were displayed at the symposium, giving voice to the people who experience food insecurity.

Photovoice is a participatory action research method that uses photography to explore important issues. This process gives community members the opportunity to record, reflect, and discuss various topics in a creative way. Equipped with cameras, participants document a specific topic through photography, and discuss their findings as a group. By visually representing their experiences, important issues can be more effectively communicated to both policy-makers and other community members. Photovoice projects related to food security have taken place in Iqaluit, and some of the results are displayed here. Participants were asked to document the following questions:

*“What aspects of your everyday life affect what you eat and how much you have to eat?”*

*“What aspects of your everyday life and the world around you impact how you feel?”*





Image 18. A selection of the Photovoice display.

## “OUR COLLECTIVE VISION PARTICIPANT SURVEY”

Priority food security initiatives, programs, or interventions distilled from a number of sources were compiled and presented by theme in the “Our Collective Vision Participant Survey” that was distributed to each symposium participant (Appendix E).

In addition to our thematic discussions that have taken place, this document and your participation in the Nunavut Food Security Symposium represent your direct voice in the development of a territorial food security strategy.

**Days 1 and 2:** As you participate in symposium sessions, please indicate what level of priority should be placed on each of the initiatives already identified, or *add your own*.



**End of Day 2:** Take some time to choose the 10 initiatives you believe are most important, and rank them from 1 to 10. When that is completed, *please hand in this survey!*

**Day 3:** Symposium coordinators will share the compiled input from these surveys and the dialogue from Days 1 and 2, and we will build consensus on which initiatives are the most important to include in Nunavut Food Security Strategy.

The results of these surveys will be compiled and considered during the strategy development process.

## RECIPE PROMOTION

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A new collaboration between the Government of Nunavut's Department of Health and Social Services (HSS) and Arctic retailers has involved the creation of ten healthy recipes<sup>7</sup> that promote basic food preparation skills and important nutrition messages to a broad audience across Nunavut. The North West Company and Arctic Cooperatives Ltd., along with several independent retailers, are working together with HSS to endorse these recipes and the Nunavut Food Guide throughout the territory. To build on this partnership, the lunches served during the Nunavut Food Security Symposium used three of the ten recipes, including Quick Baked Char<sup>8</sup>, Caribou Stew with Barley<sup>9</sup>, and Meaty Macaroni and Cheese<sup>10</sup> (Image 19).



Image 19. Staff serving Meaty Macaroni and Cheese for lunch.

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<sup>7</sup> <http://www.hss.gov.nu.ca/en/yourhealthnununavutnutrition.aspx>

<sup>8</sup> <http://www.hss.gov.nu.ca/PDF/quickbaked%20char.pdf>

<sup>9</sup> <http://www.hss.gov.nu.ca/PDF/cariboustew&barley.pdf>

<sup>10</sup> <http://www.hss.gov.nu.ca/PDF/meaty%20macaroni&cheese.pdf>



## TOBACCO REDUCTION AND FOOD SECURITY

The Nunavut Food Security Symposium took place at the same time as National Non-Smoking week. In 2012, Nunavummiut spent \$4.3 million on tobacco products. Research has shown that having an adult smoker in the household increases rates and severity of food insecurity<sup>11</sup>. To build awareness of this, the Department of Health and Social Services' Tobacco Team prepared a fact sheet about how quitting tobacco use could be considered a personal food security initiative (Image 20).

**Quitting Tobacco Use:  
A Personal Food Security Initiative  
for You and Your Family**

Last year, Nunavummiut spent  
**\$43 million on tobacco products.**

That is enough money to buy **1,900**  
**families healthy meals** for a whole year!<sup>1</sup>

**Quitting smoking saves money that  
could be used to buy healthy food**

And if you quit completely,  
You **save \$620 a month.**

That provides healthy meals to a  
family of four for **10 days.**

And if you cut down by half,  
you **save \$310 a**  
**month.**

That provides healthy  
meals to a family of four  
for **5 days.**

 For help to quit smoking, go to [www.nuquits.gov.nu.ca](http://www.nuquits.gov.nu.ca),  
check out the Tobacco Has No Place Here Facebook page,  
or make an appointment at your local health center.

<sup>1</sup>Nutrition North Canada (2012). Cost of Revised Northern Food Basket 2011-2012. Available from <http://www.nutritionnorthcanada.ca/faq/form-eng.asp>

Image 20. Tobacco and food security handout that was distributed as part of the symposium materials folder.

<sup>11</sup> Cutler-Triggs, C., Fryer, G. E., Miyoshi, T. J., and Weitzman, M. (2008). Increased Rates and Severity of Child and Adult Food Insecurity in Households with Adult Smokers. *Archives of Pediatrics & Adolescent Medicine*. 162(11): 1056-1062.

“FILMS FOR THOUGHT”

To build awareness around the topic of food security, Astro Theatre and the Nunavut Food Security Coalition hosted a “Films for Thought” evening event on January 22, 2013. The event was open to the public free of charge, and included various food-related documentaries (Image 21).

Astro Theatre and the Nunavut Food Security Coalition present:

# Films *for* Thought

**FREE!**  
Everyone is welcome!

**Tuesday, January 22**  
**7:00pm to 11:15pm**  
(doors open at 6:30pm)  
**Astro Theatre #1**

7:00pm	<b>Opening Remarks</b>
7:05pm	<b>Food Security in Clyde River</b>
7:15pm	<b>Ilisaqsivik: Past, Present and Future</b> <i>(Inuktitut with English subtitles)</i> Ilisaqsivik is a non-profit community initiated and community-based Inuit organization in Clyde River, Nunavut, dedicated to promoting community wellness. Ilisaqsivik provides space, resources, and programming that enable families and individuals to find healing and develop their strengths.
7:30pm	<b>People of a Feather</b> <i>(English/Inuktitut with subtitles)</i> People of a Feather takes you through time into the world of Inuit on the Belcher Islands in Hudson Bay. Connecting past, present, and future is a unique cultural relationship with the eider duck. Traditional life is contrasted with modern life in Sanikiluaq, as both people and eiders face the challenges posed by changing sea ice and ocean currents disrupted by hydroelectric dams.
9:00pm	<b>INTERMISSION</b>
9:15pm	<b>Once in a Lifetime: A Journey from Nunavut to Nepal</b> <i>(Inuktitut with English subtitles)</i> Follow two Inuit hunters as they travel from their Arctic home to the sacred Tsum Valley, deep in the Himalayas of Nepal, next to the Tibetan border.
9:40pm	<b>Our Daily Bread</b> <i>(Silent)</i> Welcome to the world of industrial food production and high-tech farming! To the rhythm of conveyor belts and immense machines, the film looks without commenting into the places where food is produced in Europe.
11:15pm	<b>Closing Remarks</b>

Image 21. "Films for Thought" poster.

## COMMUNITY FEAST

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The Nunavut Food Security Symposium came to a close on January 24, 2013. To celebrate the end of the successful event, a community feast was hosted by Nunavut Tunngavik Inc. and Qikiqtani Inuit Association. Approximately 150 Iqalummiut attended and enjoyed some country food at Inuksuk High School (Images 22 & 23).



Image 22. Eenoapik Sageaktook enjoying country food during the community feast hosted by NTI and QIA.



Image 23. Iqalummiut taking part in the community feast.



## NEXT STEPS

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The Nunavut Food Security Symposium was a great success. After three days of intensive dialogue with over 135 participants, we emerged with a statement of priorities that reflects our collective vision on how food security can be achieved with Nunavut-based partners. We will use this document as our "writing instructions" for the creation of the Nunavut Food Security Strategy.

The work does not stop here. In fact, it is only beginning. To maintain the momentum of the symposium, the NFSC will continue with the next steps in drafting the Nunavut Food Security Strategy and Implementation Plan. Our goal is to make a public announcement on the strategy by June 2013.

All Nunavut-based organizations that share our goals and objectives have been invited to join the Nunavut Food Security Coalition, and we look forward to collaborating toward improving food security in Nunavut.

## APPENDIX A: LIST OF PARTICIPANTS

Name	Title	Affiliation
Adel Yassa	Director, Regional and Local Development	Kativik Regional Government
Adla Itorcheak	Policy Analyst	Nunavut Tunngavik Inc.
Adrienne Silk	Legal Counsel	Department of Justice
Alex Ker	Consultant	Aarluk Consulting Inc.
Allison MacRury	Public Health Nutritionist	Department of Health and Social Services
Amelie Bouchard	Public Health Nutritionist	Nunavik Board of Health and Social Services
Andres Ibanez	Manager, Communications and Collaboration	Nunavut Anti-Poverty Secretariat
Andy Morrison	Chief Executive Officer	Arctic Cooperatives Ltd.
Anna Fowler	Assistant Director, Department of Health and Social Development	Inuit Tapiriit Kanatami
Anna Ziegler	Educational Resources and Program Developer	Nunavut Literacy Council
Anne Garrett	Regional Public Health Nutritionist (Kitikmeot)	Department of Health and Social Services
Arielle Stockdale	Policy Analyst	Nunavut Housing Corporation
Barbara Ann Tierney	Policy Analyst	Department of Justice
Ben Kovic	Representative	Baffin Fisheries Coalition
Bethany Scott	Policy Analyst	Qikiqtani Inuit Association
Brenna MacEachern	Regional Nutritionist / Acting Regional Wellness Programs Coordinator	Department of Health and Social Services
Carrie McEwan-Tucker	Community Wellness Coordinator	City of Iqaluit
Cathy McGregor	Executive Director	Department of Education
Cathy Towtongie	President	Nunavut Tunngavik Inc.
Catriona Macleod	Acting Director, Policy and Planning	Department of Education
Ceporah Mearns	Youth Research Coordinator	Qaujigiartiit Health Research Centre
Charles Dorais	Assistant to the Vice President, Economic Development	Makivik Corporation
Cindy Cowan	Director, Community and Distance Learning	Nunavut Arctic College
Colleen Healey	Climate Change Program Manager	Department of Environment
Dan Page	Manager, Adult Education Programs	Nunavut Arctic College
Daphna Mills	Senior Researcher	Nunavut Anti-Poverty Secretariat
Darrin Nichol	President	Nunavut Development Corporation
David Joanase	Media Advisor	Qikiqtani Inuit Association
David Lloyd	Assistant Deputy Minister, School Services	Department of Education
David Ningeongan	President	Kivalliq Inuit Association
Dessislav Sabev	Manager, Policy and Stakeholder Relations	Aboriginal Affairs and Northern Development Canada
Diana Stapleton	Research Coordinator	Food Banks Canada
Diane Angma	Community Health Representative	Department of Health and Social Services
Dominic Demers	Manager, Nutrition North Canada	Aboriginal Affairs and Northern Development Canada
Doug Anderson	General Manager, Major Markets Region	North West Company
Drikus Gissing	Wildlife Director	Department of Environment
Duane Wilson	Vice President, Merchandising and Logistics	Arctic Cooperatives Ltd.
Ed McKenna	Director	Nunavut Anti-Poverty Secretariat



Edna Elias	Commissioner of Nunavut	Department of Executive and Intergovernmental Affairs
Eenoapik Sageaktook	Elder	N/A
Elizabeth Ford	Director, Department of Health and Social Development	Inuit Tapiriit Kanatami
Elyse McKenzie	Senior Policy Analyst	Department of Finance
Ema Qaggutaq	Kitikmeot Liaison Officer	Kurtairojuark Hunters and Trappers Organization
Emily Angnatuk	Founder	I Care, We Care - Kuujuaq Initiative
Emily Woods	Press Secretary	Legislative Assembly
Eric Joamie	Spokesperson	Feeding My Family
Erika Weidl	Registered Dietician	Department of Health and Social Services
Erin Gordey	Senior Advisor, Monitoring and Evaluation	Department of Economic Development and Transportation
Eugene Kabluitok	Program Coordinator	Kivalliq Inuit Association
Eva Aariak	Premier of Nunavut	Legislative Assembly
Frank Pearce	N/A	N/A
Gene Hachey	Consultant	Agriculture, Agri-Foods, Commercial Wildlife Development
George Eckalook	Board Member	Qikiqtani Inuit Association
Gwen Healey	Executive and Scientific Director	Qaujigiartiit Health Research Centre
Helen Laroque	Director, Beneficiary Services	Kitikmeot Inuit Association
Jack Anawak	Vice President, Social and Cultural Development	Nunavut Tunngavik Inc.
Jamal Shirley	Manager, Research Design	Nunavut Research Institute
James Arreak	Chief Executive Officer	Nunavut Tunngavik Inc.
Janelle Budgell	Territorial Wellness Programs Coordinator	Department of Health and Social Services
Janelle Kennedy	Senior Science Advisor	Department of Environment
Janine LaForte	Registered Dietician	North West Company
Jen Hayward	Board Member	Nunavut Food Bank
Jennifer Wakegijig	Territorial Nutritionist	Department of Health and Social Services
Jim Little	Director	Bill Mackenzie Humanitarian Society
Jo-Anne Falkiner	Director, Policy and Planning	Department of Environment
John Bens	General Manager	Arctic Ventures Market Place
Joshua Kangok	Chairperson	Amarok Hunters and Trappers Association
Joy Walker	Regional Public Health Nutritionist (Baffin)	Department of Health and Social Services
Karen Deagle	Instructor	Nunavut Arctic College
Karliin Aariak	Facilitator	N/A
Kathleen Irwin	Coordinator	Rankin Inlet Food Bank
Kim Crockatt	Executive Director	Nunavut Literacy Council
Kuthula Matshazi	Senior Policy Analyst	Department of Education
Laura Bennett	Researcher	Canadian Council of Academies
Lauren Goodman	Policy Advisor	Inuit Tapiriit Kanatami
Lena Ellsworth	Executive Secretary to Minister Ell	Legislative Assembly
Leetia Janes	Spokesperson	Feeding My Family
Lindsay Mills	Manager PHSI	Department of Health and Social Services
Lissie Anaviapik	Family Health Research Coordinator	Qaujigiartiit Health Research Centre
Lucy Burke	Women's Coordinator	Qikiqtani Inuit Association





Madeleine Redfern	Former Mayor of Iqaluit	N/A
Malaya Mikijuk	Executive Assistant to the CEO/COO	Nunavut Tunngavik Inc.
Marie-Josée Gauthier	Public Health Nutritionist	Nunavik Regional Board of Health and Social Services
Mark Sheridan	Policy Advisor, Economy and Community	Department of Executive and Intergovernmental Affairs
Martha Malliki	Community Health Representative	Department of Health and Social Services
Mary Wilman	Coordinator	Home Management Program
Mason White	Architect	Lateral Office
Matthew Illaszewicz	Manager Communications	Department of Economic Development and Transportation
Michelle Doucette Issaluk	Intergovernmental Policy Analyst	Department of Health and Social Services
Monica Ell	MLA, Iqaluit; Minister of Human Resources	Legislative Assembly
Monica O'Connor	Policy Analyst	Nunavut Housing Corporation
Morgan Ip	Project Manager	Lateral Office
Nash Sagiatak	Board Member	Tukisigiavik Society
Natan Obed	Director, Social and Cultural Development	Nunavut Tunngavik Inc.
Noah Papatsie	Board Member	Nunavut Disabilities Makinnasuaqtiit Society
Norman Ford	Manager	Kangiqliq Hunters and Trappers Organization
Norman Okalik	Program Coordinator, NHSP	Nunavut Tunngavik Inc.
Okalik Eegeesiak	President	Qikiqtani Inuit Association
Pam Coulter	Director, Communications	Department of Executive and Intergovernmental Affairs
Pat Netser	Member's Assistant	Health Canada
Paul Haulli	President	Nunavut Association of Municipalities
Peter Hale	Manager, Wildlife Research	Department of Environment
Peter Irniq	Former Commissioner of Nunavut	N/A
Pitsiula Kilabuk	Community Health Representative	Department of Health and Social Services
PJ Akeegok	Acting Director, Communications	Nunavut Tunngavik Inc.
Rachel Hirsch	Postdoctoral Fellow	Trent University
Richard Paton	Senior Policy Analyst	Department of Human Resources
Robert Lyall	Board Member	Kitikmeot Inuit Association
Ron Wassink	Communications Specialist	Department of Health and Social Services
Sandy Teiman	Assistant Deputy Minister	Department of Family Services
Sara Holzman	Climate Change Program Specialist	Department of Environment
Sara Statham	Food Security Project Coordinator	Department of Health and Social Services
Sarah Spencer	Terrestrial Wildlife Management Biologist	Nunavut Wildlife Management Board
Sarah Bailey	Law Student	Public Prosecution Service of Canada
Sharon Qiyuk	Manager, NHSP	Nunavut Tunngavik Inc.
Shylah Elliott	Health Policy Analyst	Nunavut Tunngavik Inc.
Simon Kolit	Student	Nunavut Arctic College
Simeonie Kopak	Community Health Representative	Department of Health and Social Services
Stéphane Daigle	Regional Manager	Arctic Cooperatives Ltd.
Sue Anderson	Territorial Director, Mental Health and Addictions	Department of Health and Social Services
Sue Hamilton	Consulting Nutritionist	Service Open2Learn
Susan Scullion	Executive Assistant to Minister Ell	Legislative Assembly
Susie Pearce	Nurse Manager	Department of Health and Social Services





Tania Morrison	Nutritionist	Health Canada
Terry Forth	Executive Director	Nunavut Economic Forum
Theresa Koonoo	Territorial CHR Coordinator	Department of Health and Social Services
Tim Brown	Manager, Policy and Planning	Nunavut Housing Corporation
Tim Ross	General Manager, Arctic Region	North West Company
Tina Mandeya	Senior Communications Officer	Department of Executive and Intergovernmental Affairs
Uviluq Naukatsik	Student	Nunavut Arctic College
Virginia Lloyd	Chief Operating Officer	Nunavut Tunngavik Inc.
Wayne Lynch	Director, Fisheries and Sealing	Department of Environment
Wendy Ireland	Executive Director	Nunavut Disabilities Makinnasuaqtiit Society
William Hyndman	Executive Director	Project Nunavut
Winnie Banfield	Director of Income Support	Department of Education





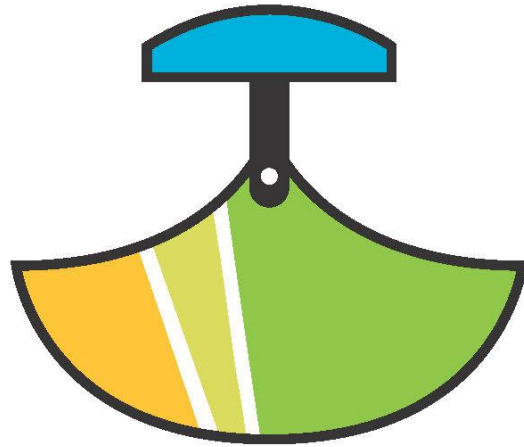
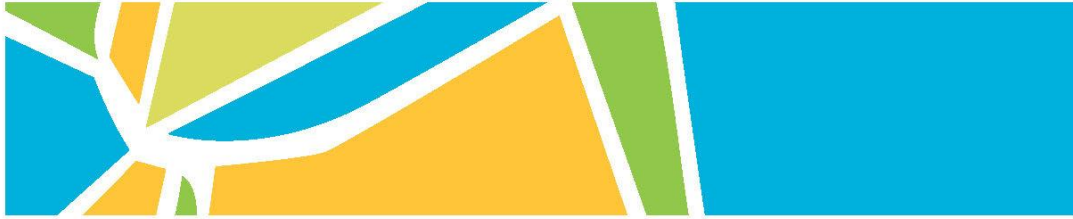
## APPENDIX B: LIST OF ADDITIONAL INVITEES

Name	Title	Affiliation
Adam Gordon	Advisor, Property and Asset Management Division	Department of Community and Government Services
Allan Rumbolt	MLA, Sanikiluaq	Legislative Assembly
Amy Johnston	Policy Analyst	Nunavut Housing Corporation
Andrea Witzaney-Chown	Manager, Corporate Policy and Planning	Department of Finance
Anguti Johnston	Regional Youth Coordinator	Qikiqtani Inuit Association
Ann Peters	Consultant	Dillon Consulting Ltd.
Ashli McCarthy	Key Informant	Inuvik Greenhouse
Attima Hadlari	Board Member	Kitikmeot Regional Wildlife Board
Bert Dean	Senior Policy Advisor	Nunavut Tunngavik Inc.
Charles Pugh	Director, Planning and Strategic Priorities	Department of Human Resources
Chris Furgal	Professor	Trent University
Chris Scullion	Manager, Policy and Inuit Employment Planning	Department of Human Resources
Chris West	Executive Director	Baffin Regional Chamber of Commerce
Craig Johnston	Advisor, Business Promotion	Department of Economic Development and Transportation
Dan Carlson	Manager, Fiscal Policy and Analysis	Department of Finance
Daniel Shewchuk	MLA, Arviat; Minister of Justice	Legislative Assembly
David Alexander	Representative	Baffin Fisheries Coalition
Don Cunningham	Representative	Pangnirtung Fisheries
Doug Cox	Board Member	Uquutaq Society
Eeta Kanayuk	Legislative Coordinator	Department of Executive and Intergovernmental Affairs
Elisapi D. Aningmiuq	Board Member	Tukisgiarvik Society
Emily Ridlington	Key Informant	CBC
Fred Schell	MLA, Cape Dorset / Kimmirut	Legislative Assembly
Gabriel Nirlungayuk	Director, Wildlife and Environment	Nunavut Tunngavik Inc.
George Wenzel	Professor	McGill University
G�rard Duhaime	Professor	Universit� Laval
Gideonie Joamie	Director, Policy and Planning	Department of Culture and Heritage
Glendora Boland	Nutrition Consultant	Government of Newfoundland and Labrador
Glenn Williams	Wildlife Policy Advisor	Nunavut Tunngavik Inc.
Hezakah Oshutapik	MLA, Pangnirtung	Legislative Assembly
Hunter Tootoo	Speaker	Legislative Assembly
Irene Tanuyak	Assistant Deputy Minister, Adult Learning and Early Childhood Services	Department of Education
Jakob Gearheard	Coordinator	Ilisaqsvik Society
James Arreak	MLA, Qikiqtarjuak; Minister of Culture and Heritage	Legislative Assembly
James Qillaq	Chairperson	Qikiqtaaluk Wildlife Board
Janet Brewster	Manager, Research and Special Projects	Department of Health and Social Services
Janet Dionne	Acting Executive Director	Nunavut Inuit Wildlife Secretariat
Jason Mikki	Regional Coordinator	Qikiqtaaluk Wildlife Board



Jeannie Ugyuk	MLA, Gjoa Haven / Taloyoak	Legislative Assembly
Joe Enook	MLA, Pond Inlet	Legislative Assembly
John Ningark	MLA, Kugaaruk / Repulse Bay	Legislative Assembly
Johnny Ningeongan	MLA, Coral Harbour / Chesterfield Inlet	Legislative Assembly
Kate Ford	Manager, Career Development Services	Department of Education
Keith Peterson	MLA, Cambridge Bay; Minister of Finance; Minister of Health and Social Services	Legislative Assembly
Larry Lenton	Director, Outreach and Collaborations	Agriculture and Agri-Foods Canada
Laurel Kreuger	Coordinator	Baker Lake Prenatal Nutrition Project
Leesee Papatsie	Spokesperson	Feeding My Family
Leona Aglukkaq	Minister of Health	Health Canada
Leslie Leafloor	Manager, Early Childhood Development	Department of Education
Lorne Kusugak	MLA, Rankin Inlet / Whale Cove; Minister of Community and Government Services	Legislative Assembly
Louis Tapardjuk	MLA, Igloodik / Hall Beach	Legislative Assembly
Lynn MacKenzie	Executive Director, Social Services	Department of Health and Social Services
Lynn Matte	Policy Analyst	Department of Health and Social Services
Mark Pimlott	Manager, Compliance and Legislation	Department of Environment
Mary Ellen Thomas	Senior Research Officer	Nunavut Research Institute
Michael Chappell	Board Member	Iqaluit Greenhouse Society
Moses Aupaluktuq	MLA, Baker Lake	Legislative Assembly
Nick Burnaby	Board Member	Iqaluit Greenhouse Society
Nick Illuaq	Founder	Country Food Exchange
Peter Taptuna	MLA, Kugluktuk; Minister of Economic Development and Transportation	Legislative Assembly
Peter Workman	Senior Health Emergency Planner	Department of Health and Social Services
Rebecca Jeppesen	Director, Wildlife Management	Nunavut Wildlife Management Board
Rhoda Palluq	Inuit Employment Policy Analyst	Department of Human Resources
Robin Anawak	Policy Analyst	Department of Justice
Rolfe Antonowitsch	Environmental Analyst	Agriculture and Agri-Foods Canada
Ron Elliott	MLA, Grise Fiord / Resolute Bay / Arctic Bay	Legislative Assembly
Ryan Mazan	Director	Department of Executive and Intergovernmental Affairs
Sandra Inutiq	Executive Director	Qullit Nunavut Status of Women Council
Shawn Pegg	Senior Manager, Policy and Research	Food Banks Canada
Shealagh Pope	Senior Analyst	Canadian High Arctic Research Station
Stephen Grasser	Senior Policy Analyst	Kativik Regional Government
Stephen Leyden	Board Member	Iqaluit Greenhouse Society
Susan Breddam	Territorial Adult Services Specialist	Department of Health and Social Services
Tagak Curley	MLA, Rankin Inlet	Legislative Assembly
Tanya Winmill	Director, Finance and Administration	Department of Economic Development and Transportation
Tracey Galloway	Professor	University of Manitoba
Trudy Pettigrew	Executive Director	Department of Education
Wanda Joy	Environmental Health Consultant	Department of Health and Social Services





# Nunavut Food Security Symposium

January 22 – 24, 2013





## AGENDA OVERVIEW

Nunavut Food Security Symposium  
January 22 – 24, 2013

The Nunavut Food Security Symposium agenda is structured to allow for meaningful discussions on the six themes that have been identified as potential areas for action on food insecurity in Nunavut.

### Days 1 and 2 (January 22-23, 2013)

will consist of panel discussions and working sessions to build on previous thematic discussions and to prioritize key initiatives to include in our strategy.

<b>Theme 1:</b>	<b>Country Food Access</b>
<b>Theme 2:</b>	<b>Market Food Access</b>
<b>Theme 3:</b>	<b>Policy and Legislation</b>
<b>Theme 4:</b>	<b>Life Skills and Financial Literacy</b>
<b>Theme 5:</b>	<b>Local Food Production</b>
<b>Theme 6:</b>	<b>Programs and Community Initiative</b>





### **Day 3 (January 24, 2013)**

**will be a working session** to create an outline of the basic elements of the Nunavut Food Security Strategy, and to confirm how partners will work together for its implementation.

#### **Objectives for Day 3 include:**

1. Confirmation of shared vision, goals, and objectives
2. Identification of key strategy elements that participants support as part of a broad 5-year plan
3. Determination of preferred governance model for leadership and accountability on strategy implementation and outcomes

### **Beyond the Nunavut Food Security Symposium**

#### **Spring 2013**

Follow up will occur with partner organizations to confirm the details of their involvement in next steps in a 5-year strategy.

#### **Summer 2013**

A detailed implementation plan and evaluation framework will be developed.



# DAY 1

January 22, 2013

Koojesse Room			
8:00 - 9:00	<b>Registration</b> (coffee on arrival)		
9:00 - 9:15	<b>Opening Remarks</b>		
9:15 - 10:30	<b>A Call to Action</b> Don't miss this one! Food Security Coalition Leadership will provide a provocative overview of the issue, the work completed to date, and the process planned for the symposium.		
10:30 - 10:45	BREAK		
10:45 - 11:45	<b>Transferring Traditional Skills to Future Generations</b> <i>(Panel Discussion)</i>		
11:45 - 1:00	LUNCH (Served at Storehouse Bar & Grill)		
1:00 - 2:00	<b>Transferring Contemporary Skills to Future Generations</b> <i>(Panel Discussion)</i>		
2:00 - 3:00	<table border="1"> <tr> <td><b>The Availability of Wildlife for Food</b> <i>(Panel Discussion)</i></td> <td><b>Supporting Skills and Knowledge to Improve Food Security</b> <i>(Working Session, Baffin Room)</i></td> </tr> </table>	<b>The Availability of Wildlife for Food</b> <i>(Panel Discussion)</i>	<b>Supporting Skills and Knowledge to Improve Food Security</b> <i>(Working Session, Baffin Room)</i>
<b>The Availability of Wildlife for Food</b> <i>(Panel Discussion)</i>	<b>Supporting Skills and Knowledge to Improve Food Security</b> <i>(Working Session, Baffin Room)</i>		
3:00 - 3:15	BREAK		
3:15 - 4:45	<table border="1"> <tr> <td><b>Increasing Community Sharing of Foods through Informal Networks</b> <i>(Panel Discussion, Koojesse Room)</i></td> <td><b>Supporting Skills and Knowledge to Improve Food Security</b> <i>(Working Session, Baffin Room)</i></td> </tr> </table>	<b>Increasing Community Sharing of Foods through Informal Networks</b> <i>(Panel Discussion, Koojesse Room)</i>	<b>Supporting Skills and Knowledge to Improve Food Security</b> <i>(Working Session, Baffin Room)</i>
<b>Increasing Community Sharing of Foods through Informal Networks</b> <i>(Panel Discussion, Koojesse Room)</i>	<b>Supporting Skills and Knowledge to Improve Food Security</b> <i>(Working Session, Baffin Room)</i>		
4:50 - 5:00	<b>Closing Remarks</b>		

## Evening Event Open to the Public:

Film Screening at Astro Theatre, 7:00pm to 10:00pm

Details to be posted and announced at the symposium

# DAY 2

January 23, 2013

Koojesse Room	
8:00 - 8:30	<b>Registration</b> (coffee on arrival)
8:30 - 8:35	<b>Opening Remarks</b>
8:35 - 9:35	<b>Potential Contribution of Retailers to Improve Food Security</b> <i>(Panel Discussion)</i>
9:35 - 10:30	<b>Exploring the Potential of Local Food Production</b> <i>(Panel Discussion)</i>
10:30 - 10:45	BREAK
10:45 - 12:00	<b>Sustainable Country Food Commercial Access</b> <i>(Panel Discussion)</i>
12:00 - 1:00	LUNCH (Served at Storehouse Bar & Grill)  <b>12:15-1:00 Arctic Food Network</b> Presentation by Mason White & Morgan Ip
1:00 - 2:00	<b>Supporting Specific Initiatives that Address Acute Food Insecurity</b> <i>(Panel Discussion)</i>
2:00 - 2:45	<b>Supporting Community-Based Food Security Initiatives More Broadly</b> <i>(Panel Discussion)</i>
2:45 - 3:00	BREAK
3:00 - 4:15	<b>Enhancement of Breakfast Programs</b> <i>(Presentation and Moderated Discussion)</i>
4:15 - 5:00	<b>Closing Remarks</b> Participants complete and submit survey on food security priority initiatives



# DAY 3

January 24, 2013

Koojesse Room	
8:30 - 8:45	<b>Opening Remarks</b> (coffee on arrival)
8:45 - 9:15	<b>Legislation that can Impact Food Security</b> <i>(Presentation and Moderated Discussion)</i>
9:15 - 10:15	<b>Partnerships that can Impact Food Security</b> <i>(Presentation and Moderated Discussion)</i>
10:15 - 10:30	BREAK
10:30 - 12:00	<b>Review of Key Symposium Outcomes</b> Don't miss this one! Symposium coordinators will share their compilation of input received during symposium, and confirm with participants that this record accurately prioritizes issues and initiatives.
12:00 - 1:00	LUNCH (Served at Storehouse Bar & Grill)
1:00 - 3:00	<b>How We Will Work Together to Make a Difference in Food Security</b> Working session will involve discussion of how to move forward with regards to the identified priority initiatives.
3:00 - 3:15	BREAK
3:15 - 4:30	<b>Next Steps &amp; Closing Remarks</b>

**Evening Event:**

Community Feast at Inuksuk High School, 6:00pm  
 Details to be posted and announced at the symposium



## APPENDIX D: SESSION DESCRIPTIONS



# Nunavut Food Security Symposium

## Session Descriptions

GENERAL		
<p><b>A Call to Action</b> (Presentation) January 22, 9:15am – 10:30am, Koojesse Room</p> <p>Don't miss this one! Nunavut Food Security Coalition Leadership will provide a provocative overview of the issue, the work completed to date, and the process planned for the symposium.</p>		<p><i>Presenters:</i> Natan Obed Ed McKenna</p>
<p><b>Review of Key Symposium Outcomes</b> (Working Session) January 24, 10:30am – 12:00pm, Koojesse Room</p> <p>Don't miss this one! Symposium coordinators will share their compilation of input received during symposium, and confirm with participants that this record accurately prioritizes issues and initiatives.</p>		
<p><b>How We Will Work Together to Make a Difference in Food Security</b> (Working Session) January 24, 1:00pm – 3:00pm, Koojesse Room</p> <p>Working session will involve discussion of how to move forward with regards to the identified priority initiatives.</p>		
THEME 1: COUNTRY FOOD ACCESS		
<p><b>Transferring Traditional Skills to Future Generations</b> (Panel Discussion) January 22, 10:45am – 11:45am, Koojesse Room</p> <p>There is growing concern that our youth continue to value and benefit from the consumption of country food, but perhaps lack the skills to do so. <i>How are these skills acquired, and how can we ensure their transfer to future generations?</i></p>	<p><i>Moderator:</i> TBC</p>	<p><i>Panelists:</i> Eenoapik Sageaktook Elisapi D. Aningmiuq</p>
<p><b>The Availability of Wildlife for Food</b> (Panel Discussion) January 22, 2:00pm – 3:00pm, Koojesse Room</p> <p>A report prepared for the Nunavut Anti-Poverty Secretariat published last spring pointed to the general lack of knowledge about wildlife harvest levels, population statuses, and trends. <i>Is it responsible, or even realistic, to expect that country food can be used to reduce food insecurity?</i></p>	<p><i>Moderator:</i> Jo-Anne Falkiner</p>	<p><i>Panelists:</i> Drikus Gissing Wayne Lynch Ben Kovic</p>



<p><b>Increasing Community Sharing of Foods through Informal Networks</b>          (Panel Discussion)          January 22, 3:15pm – 4:45pm, Koojesse Room</p> <p>It is believed that increased community sharing of traditional foods through informal networks is needed for food security.  <i>How can the Nunavut Food Security Coalition support food sharing networks?</i></p>		
<p><i>Moderator:</i> Lucy Burke</p>	<p><i>Panelists:</i> Norman Ford Rhoda Katsak Sharon Qiyuk</p>	
<p><b>Sustainable Country Food Commercial Access</b>          (Panel Discussion)          January 23, 10:45am – 12:00pm, Koojesse Room</p> <p>Selling country food in stores and markets has had questionable success in terms of improving food security in Nunavut. However, sustainable commercialization of country food contributes to food security in Greenland.  <i>Can the market play a bigger role to ensure country food access in Nunavut?</i></p>		
<p><i>Moderator:</i> Darrin Nichol</p>	<p><i>Panelists:</i> Nick Illauq Willie Hyndman Tim Ross David Alexander</p>	
<p><b>Arctic Food Network</b>          (Presentation)          January 23, 12:15pm – 1:00pm, Storehouse Bar &amp; Grill</p> <p><i>“The Arctic Food Network addresses an urgent need for a snowmobile accessed regional network of arctic farms, freezers, and camp hubs.”</i>          This session will allow us to learn about and discuss the Arctic Food Network – a funded project for an inter-community network of structures dedicated to harvesting, sharing, and storing of food.</p>		
<p><i>Moderator:</i> Ed McKenna</p>	<p><i>Presenters:</i> Mason White Morgan Ip</p>	
<p><b>THEME 2: MARKET FOOD ACCESS</b></p>		
<p><b>Potential Contribution of Retailers to Improve Food Security</b>          (Panel Discussion)          January 23, 8:35am – 9:35am, Koojesse Room</p> <p>North West Company and Arctic Cooperatives Ltd representatives will outline their potential role in supporting food security in Nunavut and will participate as panelists in a discussion to follow.</p>		
<p><i>Moderator:</i> Franco Buscemi</p>	<p><i>Presenters/Panelists:</i> Tim Ross Doug Anderson Andy Morrison Duane Wilson</p>	
<p><b>THEME 3: POLICY AND LEGISLATION</b></p>		
<p><b>Legislation that can Impact Food Security</b>          (Presentation and Moderated Discussion)          January 24, 8:45am – 9:15am, Koojesse Room</p> <p>This session will highlight food security-related legislation that has been implemented both within Nunavut and around the world.</p>		
<p><i>Moderator:</i> Karliin Aariak</p>	<p><i>Presenters:</i> Adrienne Silk</p>	
<p><b>Partnerships that can Impact Food Security</b>          (Presentation and Moderated Discussion)          January 24, 9:15am – 10:15am, Koojesse Room</p> <p>This session will explore governance structures across Canada and elsewhere that have been used to coordinate intersectoral action on food security. This research will be presented along with recommendations for potential best-fit approaches for Nunavut.</p>		
<p><i>Moderator:</i> Karliin Aariak</p>	<p><i>Presenter:</i> Alex Ker</p>	





<b>THEME 4: LIFE SKILLS AND FINANCIAL LITERACY</b>		
<p><b>Transferring Contemporary Skills to Future Generations</b> (Panel Discussion) January 22, 1:00pm – 2:00pm, Koojesse Room</p> <p>This session will highlight programming that both existed in the past and exists in the present to help Nunavummiut gain skills in food preparation and food budgeting related to market foods. <i>How can the Nunavut Food Security Coalition support improvements in this area?</i></p>		
<i>Moderator:</i> Shylah Elliott	<i>Panelists:</i> Mary Wilman Joy Walker Additional TBC	
<p><b>Supporting Skills and Knowledge to Improve Food Security</b> (Presentation and Working Session) January 22, 2:00pm – 4:45pm, Baffin Room</p> <p>During the fall's thematic discussion, key partners identified logical projects that are needed in order to improve life skills and financial literacy. This working session will involve further discussion of these potential projects and how we might collaborate on them. In addition, a presentation will be provided about potential on-line approaches to improving skills and knowledge.</p>		
<i>Moderator:</i> Jennifer Wakegijig	<i>Presenters:</i> Sue Hamilton Others TBC	
<b>THEME 5: LOCAL FOOD PRODUCTION</b>		
<p><b>Exploring the Potential of Local Food Production</b> (Panel Discussion) January 23, 9:35am – 10:30am, Koojesse Room</p> <p>Local food production in Nunavut is not well-established. As such, this exploratory session will discuss ways in which we might expand Nunavut's potential. Panelists from Nunavut, Nunavik, and the Northwest Territories will discuss what they have learned in terms of Arctic food production viability.</p>		
<i>Moderator:</i> Bethany Scott	<i>Panelists:</i> Jim Little Adel Yassa Gene Hachey	
<b>THEME 6: PROGRAMS AND COMMUNITY INITIATIVE</b>		
<p><b>Supporting Specific Initiatives that Address Acute Food Insecurity</b> (Panel Discussion) January 23, 1:00pm – 2:00pm, Koojesse Room</p> <p>Around the world and across Nunavut, initiatives that address acute food security, such as food banks and soup kitchens, emerge in order to help people who struggle with hunger. <i>How can the Nunavut Food Security Coalition support initiatives such as these?</i></p>		
<i>Moderator:</i> Brenna MacEachern	<i>Panelists:</i> Kathleen Irwin Diana Stapleton Jen Hayward	
<p><b>Supporting Community-Based Food Security Initiative More Broadly</b> (Panel Discussion) January 22, 2:00pm – 2:45pm, Koojesse Room</p> <p>In continuation of the previous session, we will discuss community-based food security initiative more broadly as it relates to wellness. <i>How can the Nunavut Food Security coalition support community-based food security initiative more broadly?</i></p>		
<i>Moderator:</i> Jennifer Wakegijig	<i>Additional Panelist:</i> Laurel Krueger	
<p><b>Enhancement of Breakfast Programs</b> (Presentation and Moderated Discussion) January 23, 3:00pm – 4:15pm, Koojesse Room</p> <p>Enhancing existing breakfast programs has been seen as a priority in Tamapta, The Makimaniq Plan, and in our food security thematic discussions. <i>How can the Nunavut Food Security Coalition ensure the enhancement of breakfast programs in Nunavut?</i></p>		
<i>Moderator:</i> Natan Obed	<i>Presenter:</i> Sue Hamilton	







## APPENDIX E: COLLECTIVE VISION – PARTICIPANT SURVEY



### Our Collective Vision - PARTICIPANT SURVEY

Nunavut Food Security Symposium  
January 22 – 24, 2013

In addition to our thematic discussions that have taken place, this document and your participation in the Nunavut Food Security Symposium represent your direct voice in the development of a territorial food security strategy.

**End of Day 2:** Take some time to choose the 10 initiatives you believe are most important, and rank them from 1 to 10. When that is completed, please hand in this survey!

**Days 1 and 2:** As you participate in symposium sessions, please indicate what level of priority should be placed on each of the initiatives already identified, or add your own.

**Day 3:** Symposium coordinators will share the compiled input from these surveys and the dialogue from Days 1 and 2, and we will build consensus on which initiatives are the most important to include in Nunavut Food Security Strategy.

Food security initiative, program, or intervention	High priority for action?			Choose top 10 Rank from 1-10
	Strongly disagree	Neutral	Strongly agree	
<b>Country Food Access – Harvesting Activities</b>				
Reinvigorate and reform and harvesters' support programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Expand support for community hunts and feasts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Introduce support for other harvester support initiatives (e.g. shared equipment programs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Support HTO initiatives (e.g. training in small scale commercial production)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Country Food Storage and Distribution Initiatives</b>				
Expand and upgrade community freezers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Expand / support inter-community trade networks through subsidies, storage, O&M for facilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	





## Our Collective Vision - PARTICIPANT SURVEY

Nunavut Food Security Symposium  
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Food security initiative, program, or intervention	High priority for action?			Choose top 10 Rank from 1-10
	Strongly disagree	Neutral	Strongly agree	
<b>Market Food Access – In-Store Interventions</b>				
Continue and extend in-store recipe promotion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Conduct in-store taste tests of nutritious foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Focus on advertising / marketing of nutritious food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Prioritize in-store food placement to promote best value and nutritious choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Clarify regulations and increase country food availability in stores	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Market Food Pricing</b>				
Ensure transparency in pricing / value definition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Undertake food supply chain management initiatives to reduce food prices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Instate food price monitoring and reporting (Nutritious Food Basket)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Public Education about Market Food</b>				
Conduct public health campaigns	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Conduct campaigns targeting youth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Expand CPNP, Home Economics, and other community-based learning opportunities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



## Our Collective Vision - PARTICIPANT SURVEY

Nunavut Food Security Symposium  
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Food security initiative, program, or intervention	High priority for action?			Choose top 10 Rank from 1-10
	Strongly disagree	Neutral	Strongly agree	
<b>Add your ideas for "Market Food Access"</b>				
<b>Policy and Legislation – Food Security Policy Audit</b>				
Ensure that each partner organization examines its processes from food security perspective (i.e. funding templates that could be tied to food sharing, procedures for handling left-over food etc.) and strengthens its policy framework to support food security	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Policy and Legislation – Income Support Reforms</b>				
Eliminate disincentives to harvesting within income support and taxation systems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Modify frequency of income support payments to every 2 weeks for all recipients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Increase income support rates (and tie to Nutritious food basket or other accepted standards such as UN recommendations)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Introduce country food vouchers to income support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	





# Our Collective Vision - PARTICIPANT SURVEY

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Food security initiative, program, or intervention	High priority for action?			Choose top 10 Rank from 1-10
	Strongly disagree	Neutral	Strongly agree	
<b>Price Controls and Food Security Legislation</b>				
Introduce a Nunavut Food Security Act and food price controls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Provide education / training for GN and other program and institutional staff on regulation, preparation and serving of country foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Country Foods Policy</b>				
Introduce GN policy for serving country foods in GN institutions and programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Introduce a Nunavut Food Safety/Donations Act	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Provide education / training for GN and other program and institutional staff on regulation, preparation and serving of country foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Add your ideas for "Policy and Legislation"</b>				





## Our Collective Vision - PARTICIPANT SURVEY

Nunavut Food Security Symposium  
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Food security initiative, program, or intervention	High priority for action?			Choose top 10 Rank from 1-10
	Strongly disagree	Neutral	Strongly agree	
<b>Life Skills and Financial Literacy Development – Curriculum / Schools</b>				
Increase emphasis on nutrition, financial literacy and life skills in curriculum	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Strengthen home economics in the curriculum such that all students are exposed to these learning opportunities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Introduce school food policy (such as “no junk food policy”)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Life Skills and Financial Literacy Development – Other Programs</b>				
Increase and extend offerings of life skills, personal development and home economics programs / courses in communities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Embed nutrition education / life skills and financial literacy within other programming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Add your ideas for “Life Skills and Financial Literacy”</b>				





# Our Collective Vision - PARTICIPANT SURVEY

Nunavut Food Security Symposium  
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Food security initiative, program, or intervention	High priority for action?			Choose top 10 Rank from 1-10
	Strongly disagree	Neutral	Strongly agree	
<b>Programs and Community Initiatives for Short Term Relief</b>				
Prepare "how-to" manuals for food banks, soup kitchens, food hampers and community lunch programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Provide a network for community organizations so they can learn from each other.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>School-Based Food Programs</b>				
Increase funding for breakfast programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Expand and extend school food programs to lunch and snack programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Improve nutritional quality and inclusion of country food in school food programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Engage parents and community members in school food programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Establish territorial nutrition guidelines and policies for school food programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Explore creating an NGO-type of structure to administer breakfast programs in Nunavut.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Community Food Centres</b>				
Establish multi-functional, community food centres that combine services for food banks, community kitchens, thrift shops, wellness programs etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Establish and support community kitchens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



# Our Collective Vision - PARTICIPANT SURVEY

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Food security initiative, program, or intervention	High priority for action?			Choose top 10 Rank from 1-10
	Strongly disagree	Neutral	Strongly agree	
Create Community Food Assessment Tools/Process	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Add your ideas for "Programs and Community Initiative"				
<b>Local Food Production</b>				
Research the economic viability of local food production in Nunavut (does growing or producing food in the territory lower prices?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Develop a 5-year plan for the Growing Forward Program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Add your ideas for "Local Food Production"				





## APPENDIX F: FEEDBACK FORM

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### FEEDBACK FORM

Nunavut Food Security Symposium  
January 22 – 24, 2013

Please tell us what you think about the Nunavut Food Security Symposium by answering the following questions – it will only take you a few minutes. Your feedback is important to us.

1. What aspects of the symposium do you feel had the greatest impact on our strategy development (e.g. memorable statements, powerful presentations, etc.)?  
Please provide examples.
  
2. Was there anything that made it difficult for you to participate in the symposium (e.g., not enough notice, etc.)?  
 No  Yes If yes, please describe.
  
3. Were you able to attend the sessions that were most relevant or important to you?  
Please explain why or why not.



4. Were you able to share your ideas and views during the sessions you attended?  
Please explain why or why not.

5. Overall, how satisfied were you with your involvement in the symposium (on a scale of 1 to 10 where 1 is "Not Satisfied At All" and 10 is "Very Satisfied")?

Not Satisfied At All			Somewhat Satisfied				Very Satisfied		Not Sure	
1	2	3	4	5	6	7	8	9	10	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Information was shared in a number of different ways during the symposium. Which of the following methods did you prefer (on a scale of 1 to 10 where 1 is "Not Preferred At All" and "10 is Highly Preferred")?

	Not Preferred At All			Somewhat Preferred				Highly Preferred		Not Sure	
	1	2	3	4	5	6	7	8	9	10	
Opening Evening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 1: Call to Action	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 1 & 2: Dialogue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 3: Strategy development	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Was there anyone who was not involved in the symposium that you feel should have been? If yes, please describe who and why you feel they should have been involved.





8. Do you feel an in-person meeting, such as this, is an effective way to encourage dialogue among intersectoral partners in Nunavut? Please explain why or why not.

9. With respect to the overall symposium, how satisfied were you with each of the following (on a scale of 1 to 10 where 1 is "Not Satisfied At All" and 10 is "Very Satisfied")?

	Not Preferred At All			Somewhat Preferred				Highly Preferred		Not Sure	
	1	2	3	4	5	6	7	8	9		10
Content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Organization	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Format	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. Is there anything else about your involvement in the Nunavut Food Security Symposium that you feel is important for us to know?

If you took part in any of the thematic discussions prior to the symposium, please answer the following questions.

11. Which thematic discussions did you take part in? (Please check all that apply)

- No, I didn't participate in any thematic discussions
- Country Food Access (October 30)
- Market Food Access (November 1)
- Life Skills and Financial Literacy (November 5)
- Local Food Production (November 19)
- Policies and Legislation (December 5)
- Programs and Community Initiative (December 7)





12. Were you able to share your ideas and views during the thematic discussions you took part in?  
Please explain why or why not.
  
13. Do you feel the symposium built on the work accomplished during the thematic discussions?  
Why or why not?
  
14. Do you have any suggestions for improving the thematic discussions (*e.g., changing the length, altering the content, adjusting the format, etc.*)?
  
15. Is there anything else about your involvement in the thematic discussions that you feel is important for us to know?

Thank You!





## APPENDIX G: POWERPOINT PRESENTATIONS

### A CALL TO ACTION

A Call to Action – Jennifer Wakegijig, Natan Obed, Ed McKenna

**Food Security in Nunavut:  
A Call to Action**

Nunavut Food Security Symposium  
January 22-24, 2013


**Presentation Overview**

- Food Security in Nunavut
  - Overview of the issue
  - Severity of food insecurity
- The Right to Food
- Food Security and how it relates to:
  - Nunavut Land Claims Agreement
  - Nunavut Roundtable for Poverty Reduction
- Nunavut Food Security Symposium
  - Goals
  - Potential initiatives and funding sources
  - The process ahead

**What is Food Security?**

- “Food security exists when all people at all times, have physical and economic access to sufficient, safe, and nutritious food to meet their dietary needs and food preferences for an active and healthy life.”

Food and Agriculture Organization, United Nations (2003)  
Definition endorsed by the Government of Canada



**Components of Food Security**

Availability

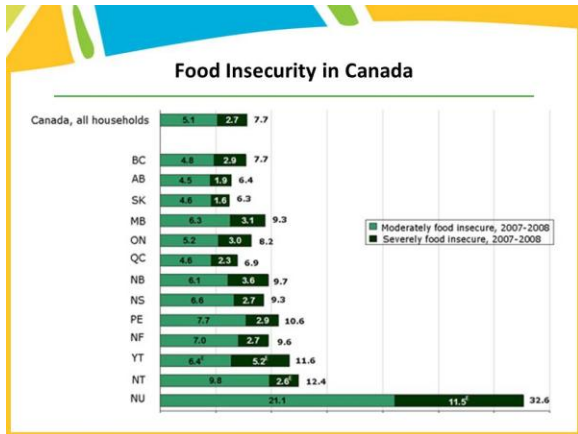
Use

Food Security

Accessibility

Quality

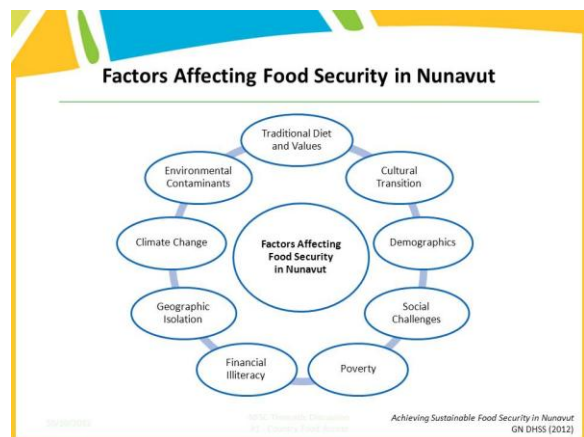
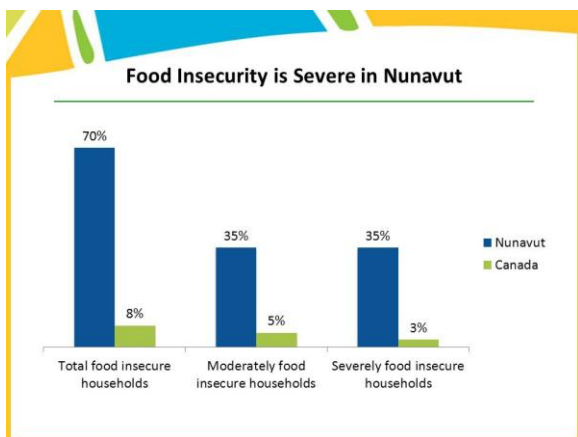
Food Security  
World Health Organization (2007)



### Food Insecurity in Nunavut

- 69% of adults have a very high prevalence of food insecurity
  - 6x higher than the Canadian average
  - Highest rate for any Aboriginal population in a developed country
- Nunavut students are more likely to go to bed hungry than Canadian students elsewhere
- Women, children, and the elderly are the most vulnerable

*Inuit Child Health Survey  
Egeland et al. (2010)  
Health Behaviour in School Age Children  
Freeman et al. (2012)*



### Nunavut's Food Supply: Two food systems

*Nunavut Food Guide  
GN DHSS (2011)*

### Country Food in Nunavut

- Country food - traditional food from the land
  - Contributes 4-20% of kcal intake for most Nunavummiut
  - High nutritional quality
  - Strong food-sharing tradition
  - Decreasing access
  - Environmental contaminants

### Market Foods in Nunavut

- Relatively new
- Limited knowledge
- High cost
- Current preferences (understandably) favour:
  - Convenience foods
  - High salt, sugar, fat
  - Carbonated beverages
  - Most foods of low nutrient value



### Food Insecurity and Nutrition-Related Issues

- 80% of adults drink pop, on average 2-3 cans per day
- 78% of children drink high-sugar beverages such as pop and fruit punch, on average 3 per day
- 75% of children eat high-fat, non-nutritious foods every day

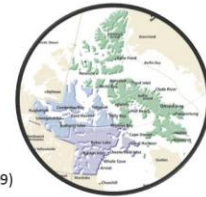
### Yet Food is Not the Only Expenditure...

**\$43 million** = The amount of money Nunavummiut spent on **tobacco** in 2012

**\$40 million** = The amount of money Nunavut adults spent on **pop** per year (2008)

### Nutritional Health Issues in Nunavut

- **Most are 100% preventable**
- Overweight/obese
  - 59.2% of adults
  - 50.8% of children aged 3-5
- Inadequate vitamin D levels
  - 90% of adults <40 years old
  - 79% of children aged 3-5 (Inuit Health Survey, McGill, 2007-2009)



### The Right to Food: Overview

- The Right to Food is part of International Law
- Adequate food is guaranteed in many international treaties
  - International Covenant on Economic, Social and Cultural Rights
  - Convention on the Rights of the Child
  - Convention on the Elimination of All Forms of Discrimination against Women
- Canada is a signatory to all of these treaties

### The Right to Food: Canada's Approach

- Canada has taken an "income security" approach to food security
- Programs are aimed at guaranteeing that Canadians can afford food by trying to ensure a minimum income-level
- Examples:
  - Equalization and transfer payments
  - National Child Benefit
  - Guaranteed Income Supplement
  - National Homelessness Initiative

### Nunavut Land Claims Agreement

- Inuit mobilized nationally and regionally around social and cultural issues
- Inuit empowerment, especially on issues such as wildlife, land, and social and cultural development, were at the heart of Inuit interests

### NLCA Wildlife Provisions

- Article 5 and 6 deal exclusively with wildlife harvesting and compensation
- Many other Articles in the NLCA involve ownership or co-management of lands and natural resources
- Therefore, the NLCA has been an instrument to support Inuit food security by entrenching rights to harvest and co-manage wildlife

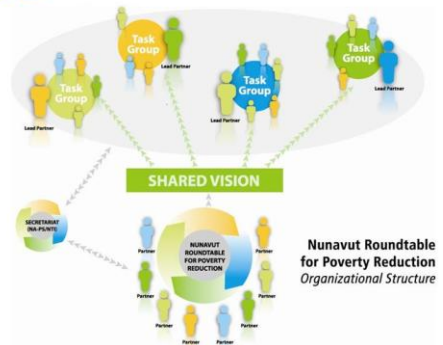
### NLCA Social and Cultural Provisions

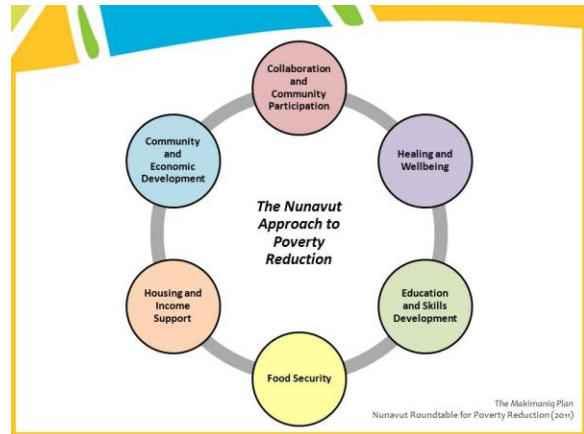
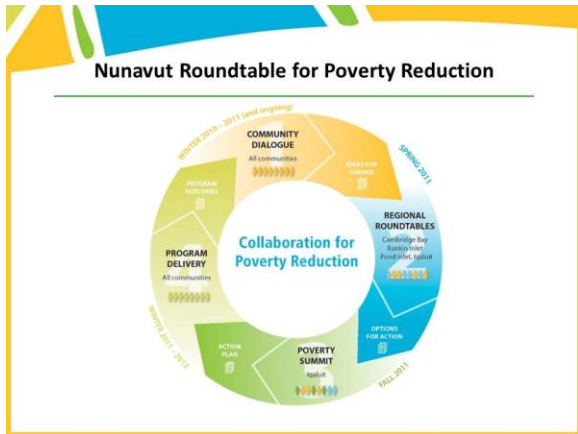
- Article 32.1.1 states:  
*“Inuit have the right as set out in this Article to participate in the development of social and cultural policies, and in the design of social and cultural programs and services, including their method of delivery, within the Nunavut Settlement Area.”*
- The partnership between the GN and NTI on poverty reduction and food security initiatives are founded on Article 32.1.1

### Inuit Organizations and Food Security

- Inuit organizations play an important role in food security, through advocacy on wildlife and social and cultural issues at the Territorial level through NTI, and at the regional and community levels through the Kitikmeot Inuit Association, Kivalliq Inuit Association, and Qikiqtaaluk Inuit Association
- Regional Inuit Associations run and fund programs that support skills development, community wellness, and on the land training. These programs contribute significantly to the well-being of Nunavut Inuit.

### Nunavut Roundtable for Poverty Reduction





### The Makimaniq Plan – 4: Food Security

- Establishment of a “Nunavut Food Security Coalition”
- Enhancement of healthy breakfast and lunch programs in schools
- Increased support for community-driven food security initiatives

The Makimaniq Plan  
Nunavut Roundtable for Poverty Reduction (2011)

### Nunavut Food Security Coalition

- Established to “develop a long term, ongoing, inclusive, and sustainable approach to food security in Nunavut.”

Government of Nunavut Departments	Inuit Organizations
Department of Culture and Heritage	Nunavut Tunngavik Incorporated
Department of Economic Development and Transportation	Kitikmeot Inuit Association
Department of Education	Kivalliq Inuit Association
Department of Environment	Qikiqtani Inuit Association
Department of Executive and Intergovernmental Affairs	
Department of Health and Social Services	
Nunavut Housing Corporation	

The Makimaniq Plan  
Nunavut Roundtable for Poverty Reduction (2011)

### Strategy Development Timeline

2012				2013					
Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Monthly Coalition Meetings to Guide Process				New NFSC ToR or Other Body					
Thematic discussions		Symposium							
Public engagement									
Academic and expert advising									
Process evaluation									
Strategy				Implementation Plan					
				Evaluation Framework					

- ### Goals of the Symposium
- By the end of the symposium we hope to
1. Confirm who the partners are in a food security strategy going forward
  2. Articulate a collective vision of the priority projects and initiatives which should form the basis of a collaborative food security strategy
  3. Recommend the best model for collaboration among partner organizations



### All Contributions are Welcomed!

- A Nunavut Food Security Strategy does not need to consist of new and costly initiatives.
- Many things beyond those listed on the survey can be done by every person here within their role or organization that are cost neutral. For example:
  - Committing to ensure that all food served in every setting (work meetings, community events, fundraisers) is healthy, contributes to the wellbeing of those that eat it, and models affordable, healthy living. We can “de-normalize” unhealthy choices if we work together.
  - Changing how existing funds are administered (tweaking policies, so that if food is produced through a funded program, it is also shared with people in need, for example).

### Available Funds

- New funds have not yet been identified, though this would be welcomed by the coalition.
- Programs and initiatives that are already funded can be vehicles to improve food security:
  - Country Food Distribution Program
  - Nunavut Harvester Support Program
  - Sustainable Livelihood Support Program
  - Community Wellness Program Funds
  - Growing Forward Program
  - Arctic Inspiration Prize
  - Tricouncil (NSERC, SSHRC, CIHR) Research Funds
  - Etc...

### Priority Food Security Initiatives

- Many initiatives, programs, and other interventions have been identified for *potential* inclusion in a Nunavut Food Security Strategy
- These initiatives were distilled from a number of sources including:
  - Poverty Reduction Public Engagement
  - Food Security Thematic Discussions
  - Synthesis Paper on Policy Options for Addressing Food (In)Security
  - NTI’s Annual Report on the State of Inuit Culture and Society (2010/11)
- These are outlined in the “Our Collective Vision” survey in your package, and you are invited to prioritize these and add your own ideas, over the next 2 days, and we will review them now

### Theme 1: Country Food Access

- Harvesting**
  - Harvester support initiatives
  - Expand community hunts and feasts
- Country Food Storage and Distribution**
  - Expand and upgrade community freezers
  - Promote trade networks, country food markets and exchanges
- Commercial Production of Country Foods**
  - Upgrade/expand processing facilities
- Research and Training Initiatives**
  - Country food handling and preparation
  - Wildlife/resource stocks

### Theme 2: Market Food Access

- In Store Interventions**
  - In store taste tests
  - Recipe promotion
- Food Pricing**
  - Food pricing transparency
  - Food chain management
  - Nunavut Nutritious Food Basket
- Public Education**
  - Healthy food campaigns
  - Expand community programs like CPNP, Home Ec etc.

### Theme 3: Policy and Legislation

- Food Security Policy Audits** (all organizations)
- Income Support Reforms**
  - Incentives for harvesting
  - Increase income support rates (based on a food basket measure)
  - Country food vouchers
- Price Controls and Food Security Legislation**
  - Food Security Act / price controls
  - Food Safety/Food Donations Act
- Country Foods Policy**
  - GN policy for serving country foods
  - Train program staff on country foods

#### Theme 4: Life Skills and Financial Literacy

##### Curriculum/Schools

- Emphasize nutrition, financial literacy and life skills in curriculum
- Re-introduce Home Economics
- School food policies

##### Programs

- Embed nutrition education, life skills and financial literacy in other programming e.g. housing/tenant relations, income support, work readiness etc.

##### Coalition Partners Collaborating On

- Development of common materials and approaches to share these skills across all settings.

#### Theme 5: Local Food Production

- Considering available funds for local food production initiatives (such as Growing Forward Program) and creating a 5 year plan
- Exploring the cost-effectiveness of producing food within Nunavut vs importing

#### Theme 6: Programs and Community Initiative

- Short Term Relief/ Emergency Access
- School Food Programs (expand breakfast, lunch programs)
- Community Food Centres
- Community Food Security Assessment Tool

#### How Our Voices Will Be Heard and Can Become a Collective Vision

- Day 1
  - We will focus together and participate in dialogue
  - We will review “Our Collective Vision” survey and reflect on priorities
- Day 2
  - We will focus together and participate in dialogue
  - We will hand in our “Our Collective Vision” survey for compilation
- Day 3
  - The compiled dialogue notes and surveys will be presented as a potential expression of our collective voice for us to discuss and come to an agreement on
  - We will discuss the best way to work together going forward
  - We will submit our “Feedback Form”

#### Other important points

- We are focused on what we can do, within Nunavut, with what we have
- We are solutions-oriented, aiming to identify what we will do, and build on previous discussion

Shall we get started?!




The Availability of Wildlife for Food – Wayne Lynch

## Nunavut Food Symposium

### Fisheries and Sealing


Wayne Lynch  
Director, Fisheries and Sealing, Government of Nunavut

### Current fisheries: Char




- Four processors
  - Pangnirtung, Iqaluit, Rankin Inlet, Cambridge Bay
- Approx 800,000lb in quotas across Nunavut
  - 220,910lb fished in 2011
- Commercial value of \$1 million
- Majority of commercial harvest sold within Nunavut
- Subsistence harvest
  - Highly important
  - Difficult to quantify

### Current fisheries: Turbot



- Nunavut owned quotas total 9,250t
  - Fish entire quota
- Market value of \$75 million (at \$8,000/t)
- Most offloaded in Greenland or Newfoundland
- Cumberland Sound inshore quota of 500 t
  - 62 fishermen landed 287t in 2012, value of \$822,536
- Inshore fisheries potential in several Baffin communities
- Not a traditional country food

### Current fisheries: Northern shrimp



- Nunavut owned quotas total 14,350t
  - 10,681t in Nunavut waters
  - Fished approx. 3,000t in 2012
- Value of \$43.6 million (at \$3,000/t)
- Most offloaded in Greenland or Newfoundland
- Not a traditional country food, but very popular when available

### Emerging fisheries

- Char
  - Approx. 71% of available char quotas currently not harvested
  - Logistics, distance and cost are the greatest barriers
- Whitefish/trout
  - Unfished quotas in the Kivalliq region
- Turbot
  - Potential for both summer and winter inshore fisheries in some communities
- Starry Flounder
  - Abundance and distribution relatively unknown



### Emerging fisheries: Shellfish

- Clams
  - Substantial resource identified in Qikiqtarjuaq
  - GN Research Vessel mapped some clam habitats in 2012
- Urchins
- Mussels
- Icelandic Scallops
- Toad Crab
- Whelk



## Subsistence Fisheries

- Subsistence fisheries will continue to plan an integral role in Food Security
- A wide variety of fish species are targeted and consumed within the Territory, to varying degrees, including:
  - Char, Lake Trout, Arctic Cod, Greenland Cod, Grayling, Whitefish, Lumpfish, Turbot, Starry Flounder, Sculpin
- A variety of invertebrate species are also targeted and consumed, including:
  - Mussels, Clams, Toad Crabs, Icelandic Scallops, Whelks, Cockles, Urchins, Sea Cucumbers, Sea Stars



## Seals

- Seals
  - Ringed, bearded, harp, hooded and harbour seals all found in Nunavut.
  - DOE Fur Pricing Program pays hunters \$25-\$60 for ringed sealskins to support hunters
  - Ringed and bearded seals
    - Preferred food species
    - Utilized throughout Nunavut
  - Hooded and harbour seals
    - Less common
  - Harp seals
    - Highly abundant in Baffin Region
    - Not a preferred food species



## Seals- Opportunities

- Commercial processing and packaging for distribution and sale in Nunavut
  - Country food markets have demonstrated a large appetite for ringed seal
- Harp seals
  - Highly abundant and currently underutilized



## Challenges

- Lack of infrastructure- processing and freezing facilities
- Logistics- freight costs, distance to the resource etc.
- Lack of data on fisheries- impacts management and decision making
- Capacity- fisheries training
- Climate change- impacting winter ice-based fisheries
- Consumer preferences- results in certain abundant species being underutilized (eg. Harp seals)

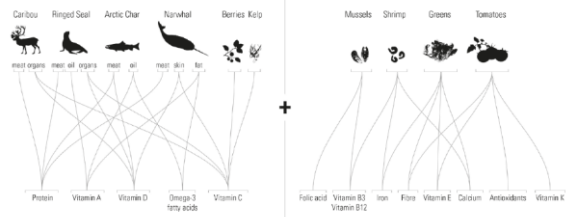
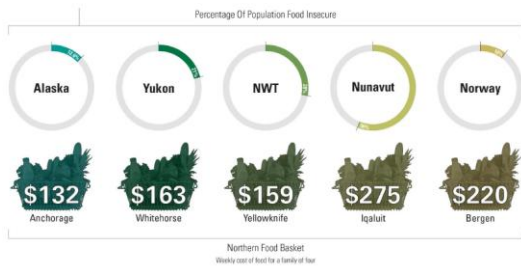
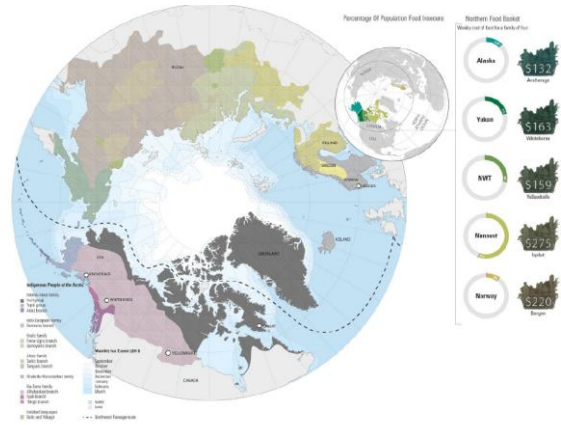
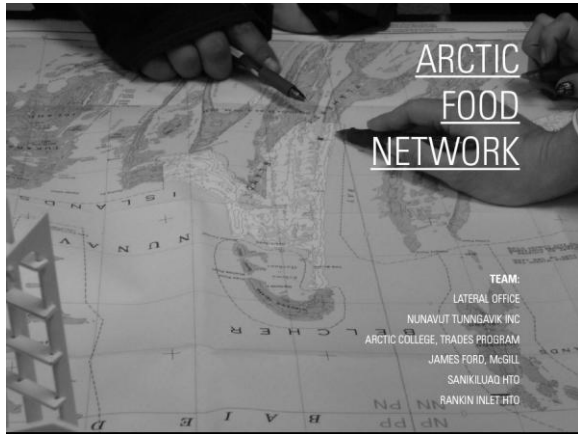
## Moving forward

- Research
  - Identify new fishery opportunities
  - Ensure sustainable use of existing resources
- Technology transfer
  - Eg. Successful small vessel fishing project in Pangnirtung instructed by Greenland fishers
- Monitoring and enforcement to ensure sustainability
- Infrastructure improvements
- Local Market development
  - New "value added" products
  - New species
  - Improved distribution

Thank you

*Nakurmiik*

# The Arctic Food Network – Mason White







**ARCTIC CABINS**

**TYPICAL OF STRUCTURES:** These elements assist in mitigating the surrounding dark winters and trackless landscape of the Canadian north. They play off an existing tradition of seasonal buildings which support local food gathering, igloos, fishing sheds, overnight hunting cabins, community freezers, and northern greenhouses.

Cabins consist of ice fishing shacks, smoking shacks, food preparation areas, and overnight cabins for hunters. Sheds consist of seasonal greenhouses, nut vegetable vaults, underground freezers. Medusa tent horizontally can grow kelp and seaweed for harvesting, or tent vertically can be used for drying fish and meat. Poles are used for very fishing, either as lighting in the winter darkness, or as telecommunication towers.

**NEW STRUCTURES, TRADITIONAL USES:** Some of the components of the project build upon existing traditions, such as the fishing cabins and community freezers, while others, such as the greenhouses, the meat smoking cabins, the water borne shed, or telecommunication towers attempt to build community capacity and productivity, by making traditional hunting more accessible or efficient. The Arctic Food Network project is equal parts regional agriculture, seasonal camps, data transmission centers, and ecological management stations. Hubs along the snowmobile trails might be just one shelter or several depending on the needs of the adjacent communities, and intensity of use. In addition, they provide a secure food and travel network.

**Existing Infrastructure**



▲ Modern community facilities have not been able to perform as expected and require substantial maintenance.

▲ Greenhouses are rare in the Canadian north but where employed they have proven to be successful.

▲ The current satellite-based communication network cannot handle the demands of the population. A more substantial regional network is required.

Arctic Food Network | Lorne Underhill | 81





**ARCTIC MOBILITY**

There is an elaborate network of traditional trails across the region from the evanistic period of Inuit Culture. These ancient trails have been passed down to generations, however, the knowledge transfer is complex and slow. Unlike the traditional way, modern trails are designed to be accessible through many factors, transport, and gathering to help dog sleds. Furthermore, such as people traveling in the land for long. A regional study on mobility, transportation and health in the region led to the proposal of a network of small stations that acknowledge the local tradition of temporary practices as a local choice.

has system. It is a 25th century arctic snow highway, with arctic rest-stop cabins. The Inuit trails have reinforced the use of the trails by strategically placing a regional network of resting cabins, arctic huts, and other infrastructure. The Inuit trails are located in the region of the Arctic.

**FOOD HUB LOCATIONS:** Each of the hubs is strategically located along the trails in relation to existing food sources, and proximity to communities. The hubs are open to all citizens that can be made available to the public. There are three hubs: Hub A, located in Inuvik; Hub B, located 30-40km from Inuvik; and Hub C, located out in the land, between communities. Each hub is centered on the local way of life through emphasizing healthy food and making a unique place for food, communication, and mobility.

**A FOOD NETWORK:** The Arctic Food Network (AFN) project proposes to address the threat of health, poverty, and loss of culture through the integration of communities with a unique infrastructure.



**Intermediate Speed Use**

- 1900s: Dog sledging for pulling packs and people
- 1950s: Snowmobiles to move goods and people
- 1980s: Snow machines for travel to recreation and hunting
- 1970s: Snow machines for travel to recreation

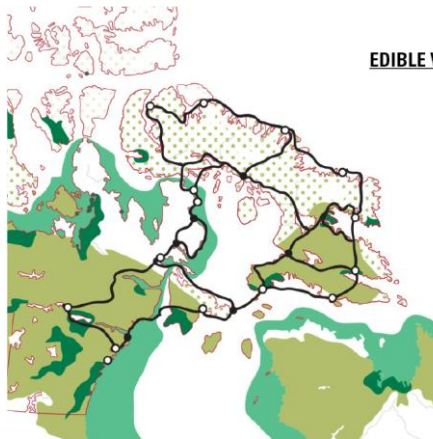
Arctic Food Network | Laura J. Hill | ©



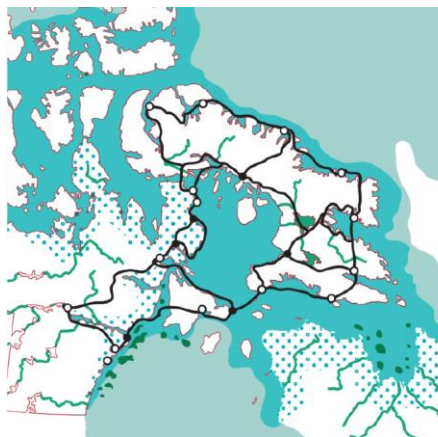
**NO\_ARCTIC FOOD NETWORK**  
Creating interconnected food network [inspired by Dr. Claudio Apolloni]



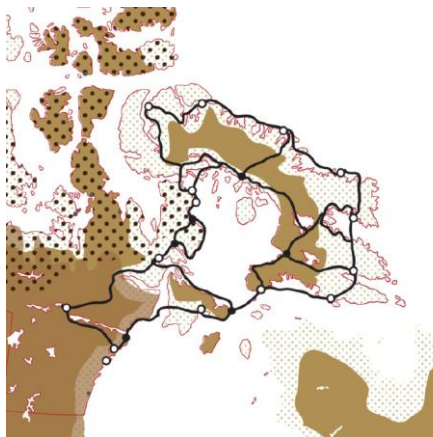
**EDIBLE VEGETATION**



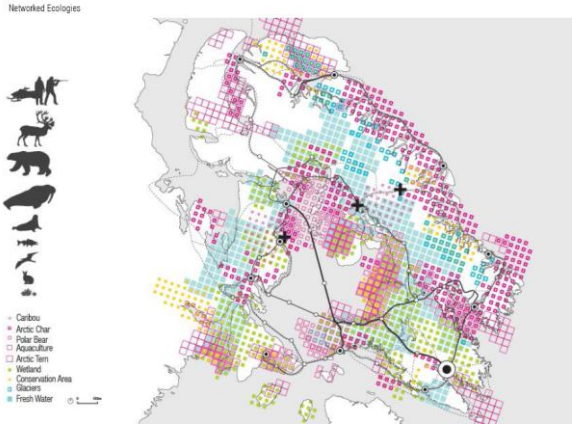
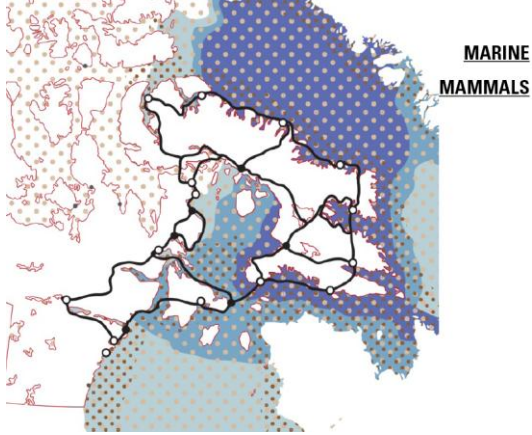
**FISH & SEAFOOD**



**LAND ANIMALS**

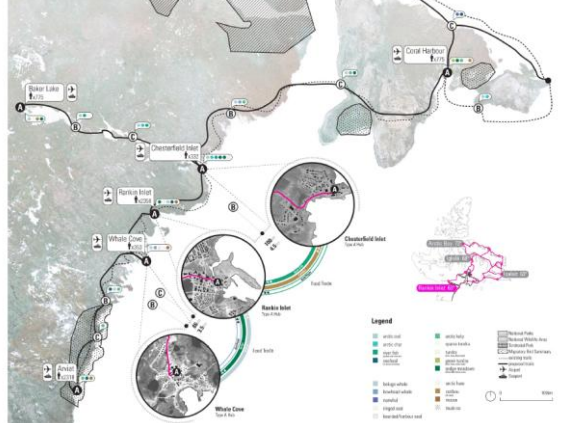
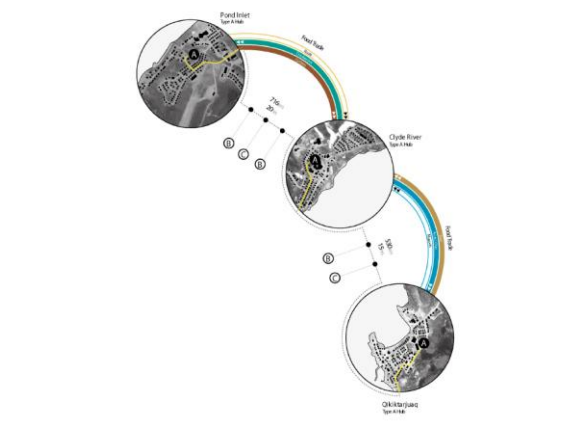
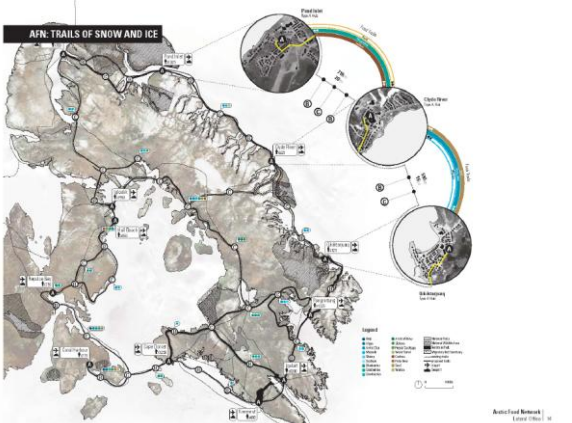


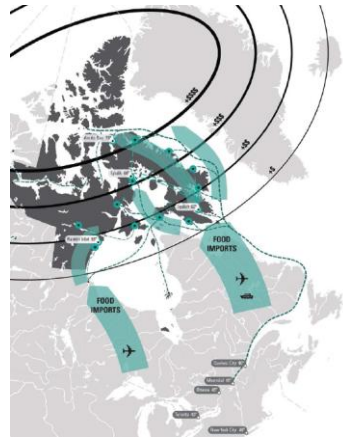
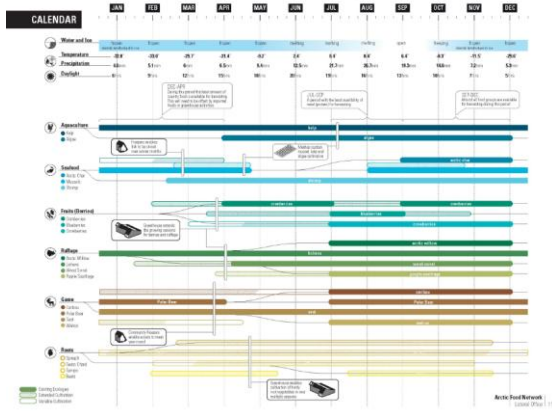




**ARCTIC ECOLOGIES**

- Algae**: Algae, which flourish in the cold, dark waters of the Arctic, are a vital part of the marine food web. They provide a source of energy and nutrients for many other organisms.
- Kelp**: Kelp, a type of seaweed, grows in the shallow waters of the Arctic. It provides a habitat for many other organisms, including fish and invertebrates.
- Arctic Char**: Arctic Char is a fish that lives in the cold waters of the Arctic. It is a popular food source for many Arctic mammals, including bears and caribou.
- Mussels**: Mussels are a type of shellfish that grows in the cold waters of the Arctic. They are a common food source for many Arctic mammals.
- Shrimp**: Shrimp are a type of crustacean that lives in the cold waters of the Arctic. They are a common food source for many Arctic mammals.
- Scallops**: Scallops are a type of shellfish that grows in the cold waters of the Arctic. They are a common food source for many Arctic mammals.
- Arctic Willow**: Arctic Willow is a shrub that grows in the tundra of the Arctic. It is a common food source for many Arctic mammals.
- Lichens**: Lichens are a type of fungus that grows in the tundra of the Arctic. They are a common food source for many Arctic mammals.
- Purple Saxifrage**: Purple Saxifrage is a flowering plant that grows in the tundra of the Arctic. It is a common food source for many Arctic mammals.
- Wood Sarsel**: Wood Sarsel is a type of lichen that grows in the tundra of the Arctic. It is a common food source for many Arctic mammals.
- Blueberries**: Blueberries are a type of fruit that grows in the tundra of the Arctic. They are a common food source for many Arctic mammals.
- Cranberries**: Cranberries are a type of fruit that grows in the tundra of the Arctic. They are a common food source for many Arctic mammals.
- Seal**: Seals are a type of marine mammal that lives in the Arctic. They are a common food source for many Arctic mammals.
- Walrus**: Walrus are a type of marine mammal that lives in the Arctic. They are a common food source for many Arctic mammals.
- Harbwal**: Harbwal is a type of marine mammal that lives in the Arctic. They are a common food source for many Arctic mammals.
- Crowberries**: Crowberries are a type of fruit that grows in the tundra of the Arctic. They are a common food source for many Arctic mammals.
- Caribou**: Caribou are a type of land mammal that lives in the Arctic. They are a common food source for many Arctic mammals.
- Polar Bear**: Polar Bears are a type of land mammal that lives in the Arctic. They are a common food source for many Arctic mammals.

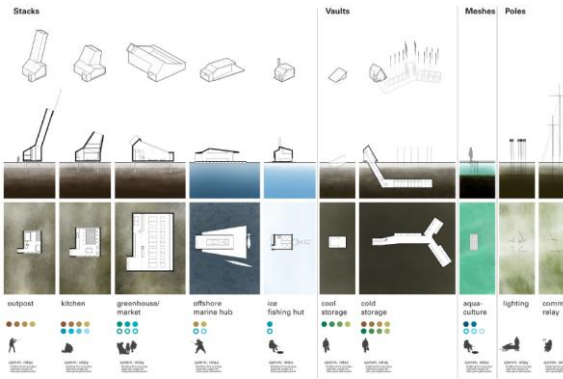




SINCE  
1950s



BEYOND  
2015



**HUB SECTION**



- 1 Copper Skin**  
A standing seam single roof system uses copper, which performs adaptively with fluctuating temperatures.
- 2 Solar Cells**  
Photovoltaic cell arrays are clipped to roof standing seams or ideal solar collection points.
- 3 Snow Wall**  
End walls of structures use an open frame to receive traditional snow loads allowing a windbreak structure in sunny months and insulated in winter.
- 4 Data Transmission**  
The emerging technology of "copper on ice" is well-suited to the north as it extends data to hazy greens and fills the data gap between consumers.
- 5 Smoke Stack**  
Provides opportunity to smoke hauled game on-site.
- Thermo-Piles**  
To keep commodity frozen at a consistent temperature, it is located in permanent shade. Thermo-piles help maintain consistent temperature and illuminate landscape above.
- Community Freezer**  
Food is stored in a shared commodity freezer within the permanent base, which is consistently below -23°C.
- Freezer Gantry**  
A table gantry is used to store or access frozen food, as many games are too heavy to store solely.



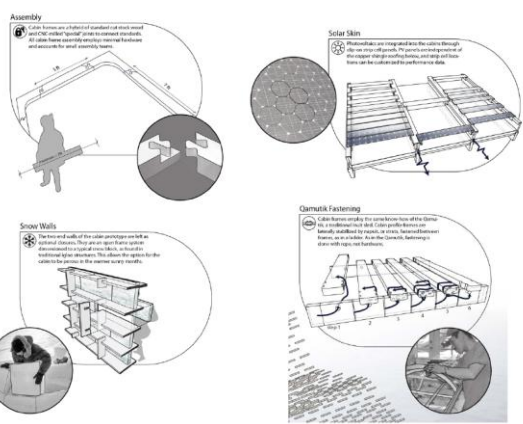
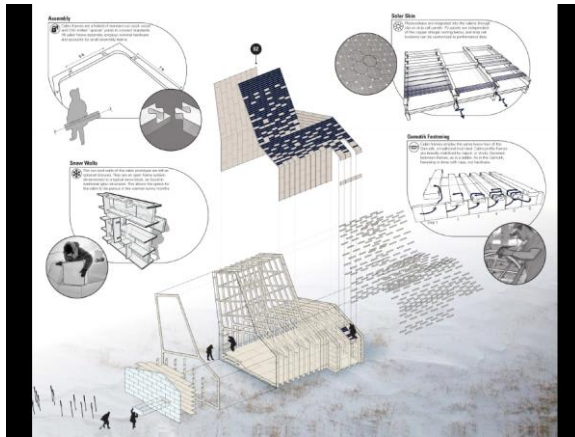
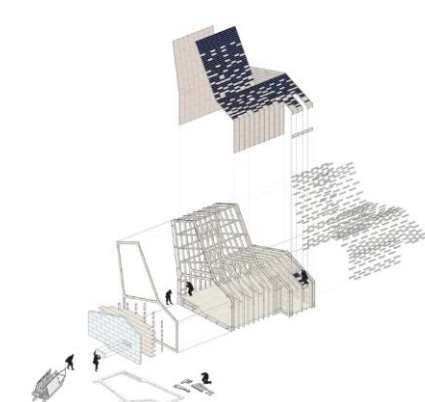
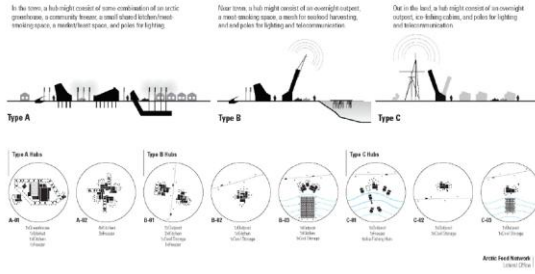




**HUB TYPES**

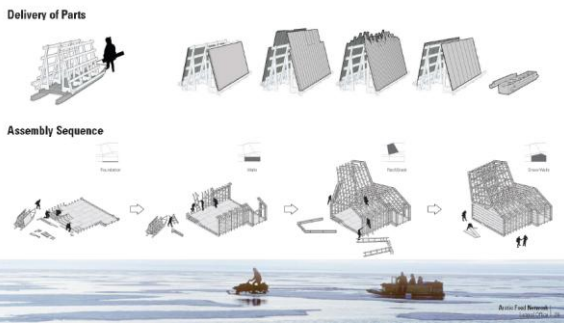
**LOCAL ECONOMIES:** The hub currently have a "mixed economy," one that combines coming a bring through employment and activities such as carving or guiding tourists, and other times they are actively pursuing a healthy way of life. Currently, a significant portion of food is imported from the south, by plane, making it very expensive, and typically not very healthy. The more remote the settlement, the more expensive the food. AFN seeks to recover local food traditions, engage increasing and youthful populations in northern settlements. Ultimately, AFN seeks to enhance the production and exchange of local food, to create small-scale local economies.

**MAKING A FOOD HUB:** Conceived as a collection of independent structures, each site type - in town (A), near town (B), out in the land (C) - is imagined to aggregate different structures. This allows communities to customize sites to ecology and availability of country food, but also to different forms of food sharing, knowledge exchange between elders and youth, and community building.



**LOGISTICS**

The cabin frames employ readymade as well as prefabricated pieces. The frames are tied together using a method similar to Danish construction (traditional boat hull and Danish construction (large boat cases). Cabins are made through a collaboration in construction trades between University of Toronto and Arctic College students, facilitating a knowledge exchange from the south to the north and the north to the south. A significant challenge to construction involves designing units that can be transported and built out in the field. All the structures are conceived as a lot of parts that can be transported by traditional Danish, and erected by four people on site easily. A single cabin can be constructed in 3-4 days by a skilled assembly team.





**TYPE A-01** Pond Inlet

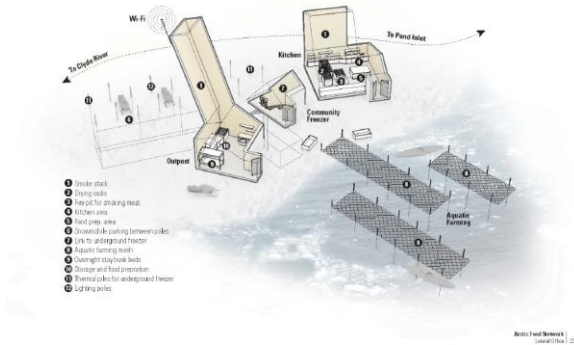


**TYPE A-01** Interior Rendering

- 1. Frames
- 2. Item Poly-carbonate extruded sheets
- 3. Storage wall
- 4. Tool bins
- 5. Irrigation system

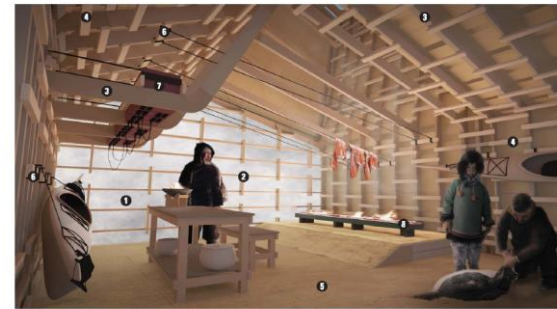


**TYPE B-03** Outside of Pond Inlet

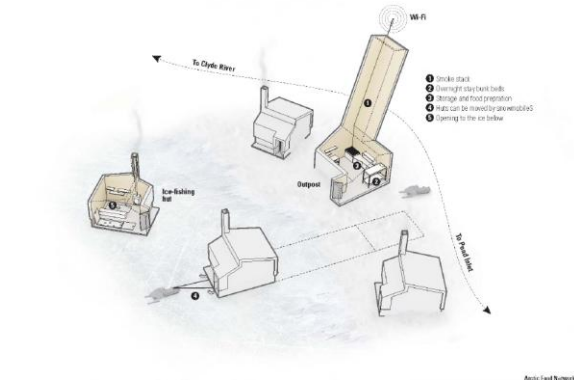


**TYPE B-03** Interior Rendering

- 1. Snow blocks
- 2. Snow block shelves
- 3. Frames
- 4. Mats
- 5. Full Plywood flooring with underproof coating
- 6. Modular stool blocks
- 7. Solar batteries for electricity storage
- 8. Tools based on place

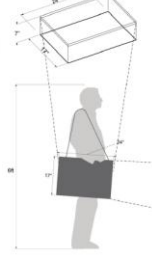


**TYPE C-01** Between Pond Inlet and Clyde River



**Arctic Food Network Case 1 Community Clusters**

Arctic Case 1 contains the full set of proposed modules at each node.



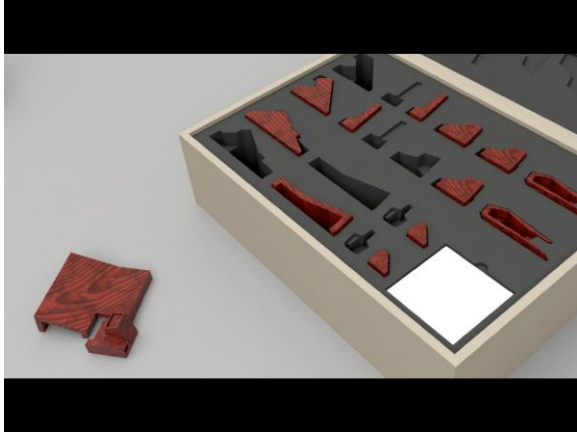
- A. Personal tools for personal projects
- B. Items for storage (generators, solar panels, etc.)
- C. Other items (generators, solar panels, etc.)
- D. Case 1 public book (usually distributed with case components, available for community engagement by the group)

**Unpacking**



**Interacting**





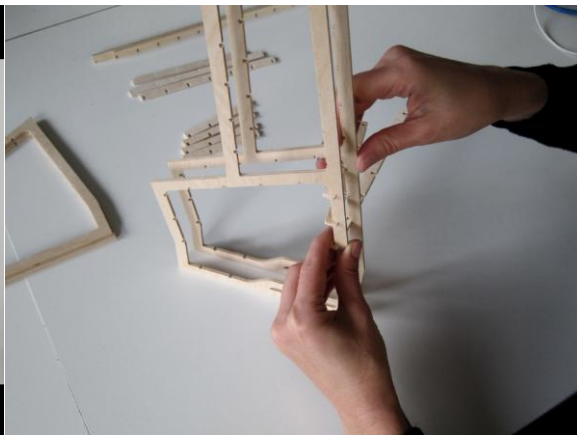
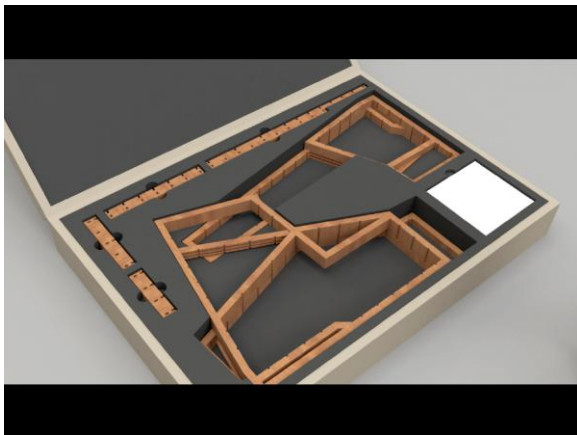
**Arctic Food Network**  
**Case 2: Frame Assembly**  
40% Case 2 consists of two different sets of framing elements at scale 1:24.

**Detail Description:**

- A: inverted base for growing grass
- B: "spine" (top) can hold in correct multiple frames
- C: this set can support all other frames for both a central and lateral use in multiple regions
- D: side "pale" (back) should be attached to the "spine" (top) to connect with the frames

**Unpacking**

**Interacting**







**FUNDING / SUPPORT**

S. and A. Inspiration Foundation  
 Holcim Foundation for Sustainable Construction  
 Canada Council for the Arts  
 Lateral Office

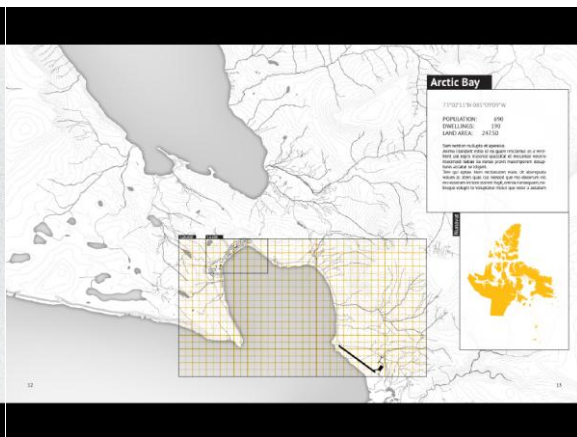
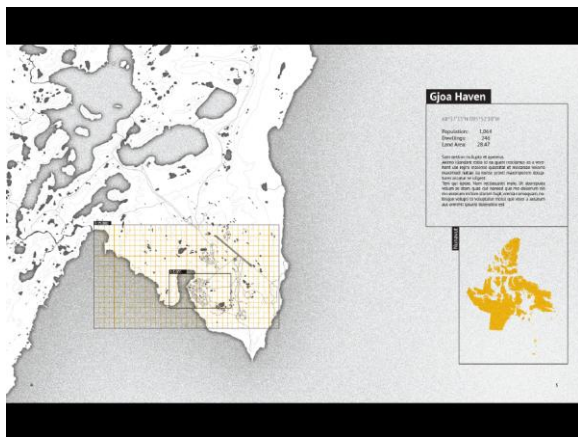
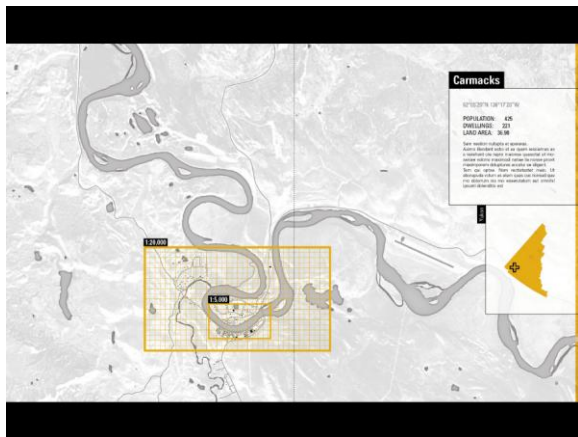
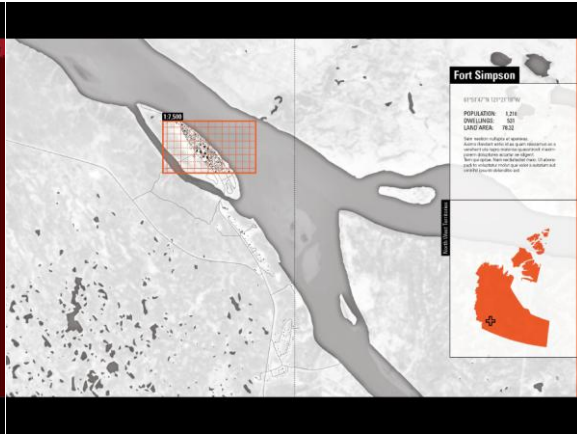
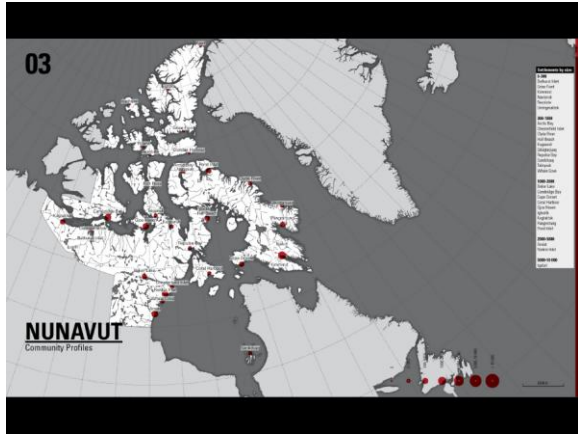
**Atlas of Northern Canadian Settlements**

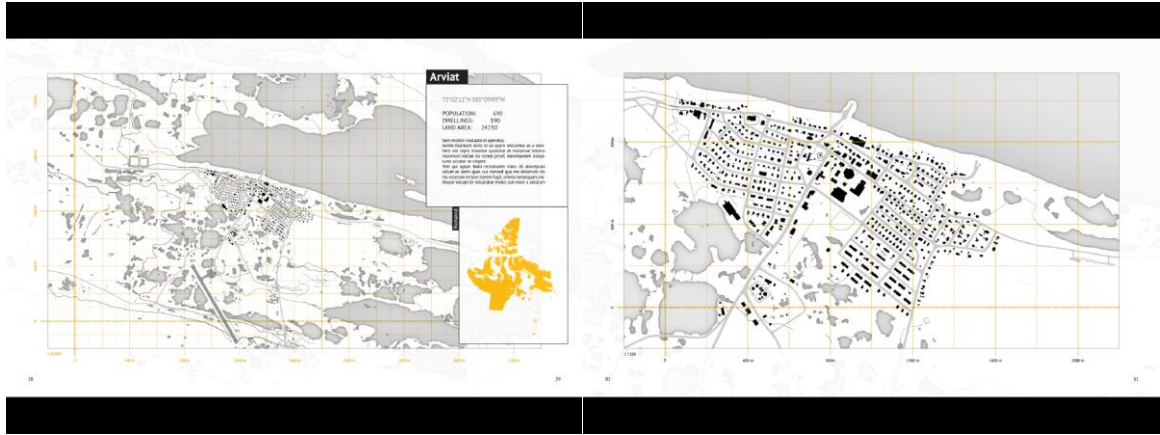
*DRAFT 2012*

**DRAFT**

<b>Index</b>	Regional overview	iv
	Settlements	vi
<b>North-West Territories</b>	Regional overview	10
	Settlements	12
<b>Yukon</b>	Regional overview	16
	Settlements	18
<b>Northwest</b>	Regional overview	22
	Settlements	24







**THANK YOU**

LATERAL OFFICE | [www.lateraloffice.com](http://www.lateraloffice.com)  
Architecture, Infrastructure, Environment

Mason White  
Lola Sheppard  
Matthew Spremulli  
Mathias Kempton  
Morgan Ip





# MARKET FOOD ACCESS

## Potential Contribution of Retailers to Improve Food Security – Tim Ross




**Nunavut Food Security**



**FOOD SECURITY  
OUR ROLE**

- Customer Driven
- Product Optimization
- Supply Chain
- Promotional Activity
- Partnerships
- Country Foods
- Education
- Employment & Food Security





**FOOD SECURITY  
OUR ROLE**

**Customer Driven**

*“Community involvement at its best means that when a company accepts its civic responsibility and takes an active interest in the well-being of its community, then both gain a number of long-term benefits in terms of community support, loyalty, trust and good will. Community involvement builds public image and employee morale, and fosters a sense of teamwork that is essential in long-term success.”*






**FOOD SECURITY  
OUR ROLE**

**Product Optimization**

- Assortment Planning
- Space Allocation
- Seasonal Selling
- Product Guarantee






**FOOD SECURITY  
OUR ROLE**

**Product & Value Guarantee Program**

- 12 Key Categories
- 100 Customer Driven Products
- Level 1, 2 & Non Subsidized Represented
- All NWC Nunavut Communities
- No Price Changes Sealift to Sealift
- Begins with Sealift 2013







**Categories**

- Baking
- Breakfast Foods
- Milk-Powder/Canned
- Hot Beverages
- Juices/Drinks
- Fruit/Vegetables
- Condiments/Dressings
- Ethnic Foods
- Sauces
- Meats/Beans/Seafood
- Soups
- Baby Care



**FOOD SECURITY  
OUR ROLE**

**Transportation & Supply Chain**

- Delivery Route
- Service Agreements
- Negotiations
- Passing It On










**FOOD SECURITY  
OUR ROLE**

**Passing It On**

- Re-Routing of Freight July 2012
- First Air 767 Direct Freighter Winnipeg to Iqaluit
- 10 Qikiqtaaluk & 2 Northern Quebec Communities Benefit
- \$600,000 in annual freight saving



**\$600,000**  
*100% passed on through  
product price reductions*



**FOOD SECURITY  
OUR ROLE**

**Promotional Activity – Added Value**

- Promotional Timing
- Value Brands
- Portion Savings
- Coupons
- Sealift Express
- Nutrition North Canada



**FOOD SECURITY  
OUR ROLE**

**Partnerships**

- Nunavut Health And Social Services
- 10 Healthy Recipe Program
- New Recipe Launch Each Month
- Recipe Ingredients Displayed & Promoted
- Results Measured



**Results**

- September to December
- 9,500 more units purchased
- 20.03 % Increase



**Community Partnerships**

WE CAN CREATE A **GREENER TOMORROW**

**"DAY BY DAY, BAG BY BAG, TOGETHER WE CAN MAKE A DIFFERENCE"**



**Our Community Promise...**

Through your efforts we have reduced plastic bags by **60%**, eliminated more than **11 million** bags from landfills and raised **\$273,000** for your community programs.

COMMUNITY	AMOUNT	DATE RECEIVED	AMOUNT RECEIVED
AKIUTIAK	14,610		65,818
AMMANUET	84,138		121,280
AMMANUET (S)	21,122		61,280
AMMANUET (N)	17,728		64,430
AMMANUET (S)	26,796		85,190
AMMANUET (N)	4,168		15,442
AMMANUET (S)	40,007		111,264
AMMANUET (N)	28,422		89,818
AMMANUET (S)	21,088		67,917
AMMANUET (N)	85,416		121,254
AMMANUET (S)	26,796		85,190
AMMANUET (N)	18,171		64,543
AMMANUET (S)	52,084		173,399
AMMANUET (N)	211,388		652,877
AMMANUET (S)	112,842		324,961
AMMANUET (N)	73,534		219,340
AMMANUET (S)	28,656		87,664
AMMANUET (N)	58,838		170,210
AMMANUET (S)	18,851		54,711
AMMANUET (N)	18,100		54,525
AMMANUET (S)	28,176		82,639
AMMANUET (N)	7,460		21,911
AMMANUET (S)	56,174		174,040
AMMANUET (N)	23,488		69,845
AMMANUET (S)	23,022		68,206
AMMANUET (N)	14,884		43,262
AMMANUET (S)	10,984		32,741
AMMANUET (N)	19,788		58,438

Generous Tacklers to the North: West Company environmental initiative aimed at reducing plastic bag consumption in communities by providing cash.





**KUGLUKTUK \$9,858**



**HALL BEACH \$4,543**



**Pangnirtung \$18,383**



**CHESTERFIELD INLET \$1,042**

**2012 Campaign**  
 October 1, 2011 to December 31, 2012

**63.16%**  
 Reduction Bag Usage  
**3,173,601**  
 Removed from Landfills

Nunavut & Nunavik 

WE CAN CREATE A **GREENER TOMORROW**

**Next Fund Distribution**  
 Earth Day April 2013

**How Much?**  
**\$462,779**

Nunavut & Nunavik 

WE CAN CREATE A **GREENER TOMORROW**



### FOOD SECURITY OUR ROLE

#### Country Foods

##### Current Work In Progress

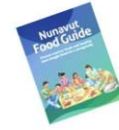
- Vendor Alignment
- Assortment Planning
- Value Retailing
- Shipping & Scheduling Requirements
- Customer Awareness Program
- Launch Date



### FOOD SECURITY OUR ROLE

#### Education

- Partnerships
- Nutrition North Education
- Point Of Sale Education
- In Store Demonstrations
- Meal Suggestion/Menu



### FOOD SECURITY OUR ROLE

#### Employment & Food Security

- Community Recruiting Strategy
- Local Management Recruitment & Training Plans
- Increased Earnings Potential
- Increased Benefits
- Improved Standard of Living

##### Current Payroll & Benefits

- 13.2 Million Payroll
- 4.3 Million Benefits
- Total 17.5 million

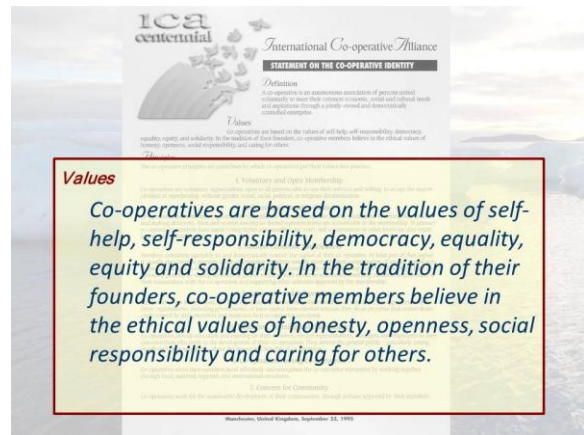
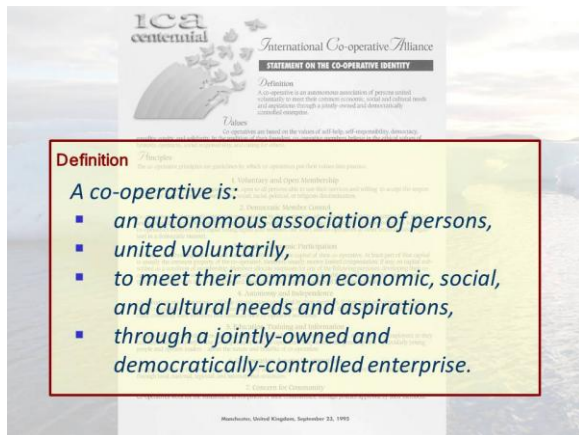


#### Questions





# Potential Contribution of Retailers to Improve Food Security – Andy Morrison



## Co-ops in the Canadian Arctic

- The first Co-ops in the north were incorporated in 1959.
- People worked together.
- Through Co-ops:
  - Provided much needed services
  - Developed their people
  - Benefits stay in the north
  - Voice on important matters
  - Developed their communities



## Challenges to Development

- Development was slow and difficult.
- Access to Capital was a challenge

### 3<sup>rd</sup> Principle of Co-operation Member Economic Participation

Members contribute equitably to, and democratically control, the capital of their co-operative.



Hunting and trapping allowed Inuit and Dene people to trade fur for life necessities.



The selling of arts, crafts and soapstone carvings helped meet the needs of the community



## Early Co-op Services

- Fur
- Art
- Fishery
- Transient Centres
- Municipal
- Fuel
- Retail



## EARLY CO-OP FACILITIES



Co-operative Enterprises Build a Better World







Co-operative Enterprises Build a Better World



Co-ops Working Together!



Co-operative Enterprises Build a Better World



### Working Together Across the North

- Pool their Buying Power
- Develop Support Services
- Pool financial resources



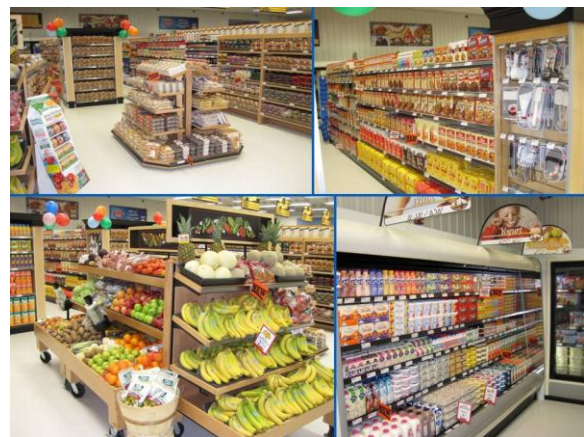
### CO-OP SYSTEM BUSINESS STRUCTURE

31 independent, community owned & controlled Co-operative business entities

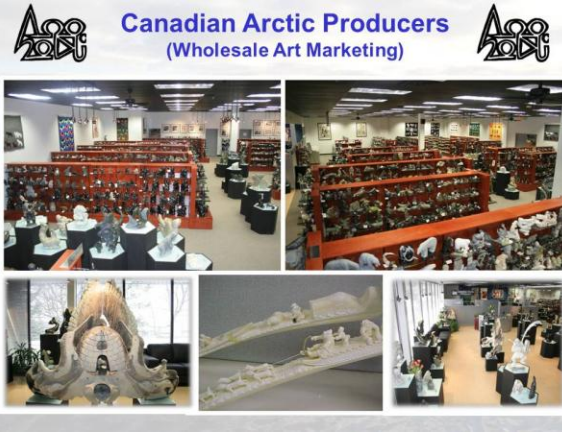


*"Co-operation Among Co-ops"*

Paleajook Co-op  
Taloyoak, NU









## Local Co-ops in Canada's Arctic



- 31 Member Co-ops
- 20,000 owner/members
- 1,000 Employees
- \$25 million in wages and payments to artists
- Extensive Employee training programs

## Co-ops vs. Other Businesses

- Co-op: Democratic member control (one member = one vote)
- Company: Control by investors
- Net Savings vs. Net Profit
- Company: Net Profits to Investors (based on shares held)
- Co-op: Net Savings to Members (based on member business)

## Distribution of Co-op Net Savings

- Corporate Income Taxes
- Reserves: Statutory & Other
- Reserves: Development and Growth
- Patronage Refunds to Co-op Members
- Share Redemption (Cash Back)

## Co-op Earnings Returned to Members

### Distribution of Earnings 2002 - 2011

- Net savings \$94 million
- \$66 million in patronage refunds
- \$46 million share redemption/cash back
- \$8 million share redemption/cash back in 2011



Naujat Co-op - Repulse Bay, NU







## Concern for Community

### Food Banks & Breakfast Programs

- Important programs
- Stop Gap Measures
- Underlying problems must be identified.
- Long term solutions required

## Concern for Community

### Country Food Harvesting

- Contributes to Food Security
- Preserves culture
- Co-ops support country food initiatives
- Responding to community needs

## 7<sup>th</sup> Principle of Co-operation

**Concern for Community:** “ Co-operatives work for the sustainable development of their communities through policies approved by their members”

- Co-ops are committed to continuing their role as Community Builders”



# Thank You



Transferring Contemporary Skills to Future Generations – Joy Walker



**Transferring Contemporary Skills to Future Generations**

Food Security Symposium  
January 22, 2013



**Community wellness funds and HSS-supported programming**

- CPNP funding has been available in Nunavut since 1999
- CPNP programs are strong across Nunavut, and Nunavummiut tell us they want it to expand to other groups (youth, men, elders)!
- There is increased flexibility in community wellness funds from Health Canada, and new funds from Nutrition North Canada to help enhance these skills.
- Communities that prioritize cooking skills can offer CPNP-like programming to different groups



**What food skills programming already exists?**

- Cooking groups
  - What skills are learned that impact food security?
    - Baking
    - Cooking
    - Measuring
    - Food storage
    - Shopping
    - Budgeting
    - Food safety
    - Others?



**Cooking Classes**

- Youth cooking groups
- Older adults
- Men's groups
- Elder's groups
- Children's after school cooking groups
- Pregnant women
- Young families



**What food skills programming already exists?**

- Canada Prenatal Nutrition Program (CPNP)
  - Goal to improve the health of mothers and infants
  - Cooking groups are one part of this program
  - Pregnant women and new moms have a chance to learn new skills and try new foods together
  - Relaxed and fun



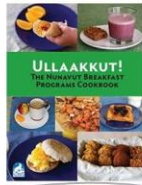
**Canada Prenatal Nutrition Program (CPNP)**

- During a cooking group, all members participate: hands-on learning
  - Reading recipe
  - Measure ingredients
  - Mix and stir
  - Cut and chop
  - Cook and bake



## Cooking Classes

- Breakfast programs provide an opportunity to learn how to cook



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 Munahtiliyikut, Inuuhiriimullu  
 Department of Health and Social Services  
 Ministère de la Santé et des Services sociaux  
 Nunavut

## Cooking Classes

- What is needed to make these work well?
  - Kitchen
    - needs to be safe & accessible
    - many communities don't have this
    - small, cramped space doesn't allow for group participation

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 Munahtiliyikut, Inuuhiriimullu  
 Department of Health and Social Services  
 Ministère de la Santé et des Services sociaux  
 Nunavut

## Cooking Classes

- What is needed to make these work well?
  - Equipment
    - Refrigerator
    - Stove
    - Sinks
    - Cooking equipment
    - Baking equipment



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 Munahtiliyikut, Inuuhiriimullu  
 Department of Health and Social Services  
 Ministère de la Santé et des Services sociaux  
 Nunavut

## Cooking Classes

- What is needed to make these work well?
  - Recipes



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 Munahtiliyikut, Inuuhiriimullu  
 Department of Health and Social Services  
 Ministère de la Santé et des Services sociaux  
 Nunavut

## Cooking Classes

- What is needed to make these work well?
  - Staff
    - Local community members
    - Knowledge and skills to share
    - Ongoing training and support



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 Department of Health and Social Services  
 Ministère de la Santé et des Services sociaux  
 Nunavut

## Cooking Classes

- What is needed to make these work well?
  - Food
  - Money



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 Munahtiliyikut, Inuuhiriimullu  
 Department of Health and Social Services  
 Ministère de la Santé et des Services sociaux  
 Nunavut



## Cooking Classes

- What is needed to make these work well?
  - Professional Support
    - Regional Nutritionists aim to provide 2 visits to every community each year, to support workers to deliver excellent programming



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Muraniqiykuk Inuqiriqimulu  
Department of Health and Social Services  
Ministère de la Santé et des Services sociaux  






## Supporting the Development of Skills, Knowledge (and Values) to Improve Food Security

Nunavut Food Security Symposium  
January 22, 2013



## Session Objective

- to identify priority initiatives that should be included in the strategy on this theme

To get there, we will discuss

- Core skills and knowledge needed
- Guiding principles to support impact
- Initiatives discussed so far
- Assets we can build on

## Session Overview

2:00 – 3:00

- What has been discussed so far?
- What core skills and knowledge should we support?
- What priorities have been identified so far?
- Perspectives on Adult Learning
  - Group Conversation (Guiding Principles)
- Who are NU's educators?
  - Group Conversation (Supporting Educators)

## Session Overview

3:15-4:45

- What do we have that we can build on?
  - Overview from HSS, NAC
  - Potential web-based approaches
- What priority initiatives should the NU Food Security Coalition focus on?
  - Group conversation

## Sources of information so far...

- Poverty Reduction Public Engagement



- Food Security Synthesis Paper
- HSS nutrition program environmental scan
- Food Security Coalition Thematic Discussions

## What we've heard...

- Nunavummiut
  - want opportunities to learn to cook
  - like community-based programs like CPNP
  - feel that basic life skills (cooking, budgeting) should be a priority in school settings
- Nunavut program workers
  - need clear information to work with
  - need hands-on, practical training



## Priority skills and knowledge

- Food preparation
- Food budgeting / financial literacy
- Infant feeding (breastfeeding, iron-rich solids)
- Child feeding / parenting



## Priorities so far

- Shared inventory of teaching materials and information
- Create core information resources together, in formats needed by NU educators
- More learning opportunities for more learners
- Support NU educators to embed food security in existing learning programs
- Campaigns to “de-normalize” unhealthy eating

## A Perspective on Adult Learning

Anna Ziegler,  
Nunavut Literacy Council

### Small Group Conversation # 1



- What principles or approaches should be part of the strategy?
  - (10 minutes)
- Write down your group’s ideas
- Be ready to share 1 main idea with the group

## Who are (or could be) Nunavut’s educators on this issue?

- Community programs
- Schools
- Nunavut Arctic College
- Employers
- Stores
- Other....?

### Small Group Conversation # 2



- How could the Nunavut Food Security Coalition support these educators?
  - (10 minutes)
- Write down your group’s ideas
- Be ready to share 1 main idea with the group

BREAK

## Existing Assets from HSS

- Strength of existing programs (through Health Canada Wellness funds and Nutrition North Canada)

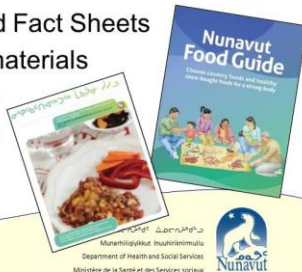


- Available professional support (GN public health nutritionists)



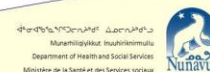
## Nutrition Resources

- Food Guide, educator's handbook
- Traditional Food Fact Sheets
- Infant feeding materials
- 10 core recipes
- Cooking videos

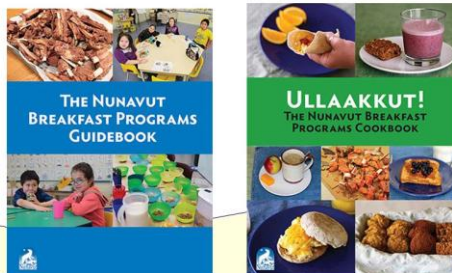


## Training Materials

- New training materials for
  - Cooking Classes
  - In-Store Taste Tests
  - Meal Bags



## New Breakfast Program Materials



## Partnership With Retailers

- Promotion of 10 Core Recipes
- In-store taste tests coming soon



## Nunavut Arctic College Programs Related to Food Security Skills

Cindy Cowan

## Web-Based Learning About Food Security and Related Skills

Sue Hamilton, Service Open2Learn

### Small Group Conversation # 3



- What do you think the priority initiatives should be for the strategy?
  - (10-15 minutes)
- Write down your group's ideas
- Be ready to share 3 or 4 priority initiatives with the group (this will be a 5-year plan)

How close are we to consensus?

## Supporting Skills and Knowledge to Improve Food Security – Sue Hamilton

### Web-based approaches to food security skill and knowledge development



### Goal

- Provide brief description of existing online food security resources for Inuit
  - Healthy Living in Nunavut
  - Inuit Food Security Pilot Module
- Share some lessons learned
- Suggest possible future directions

### Overview

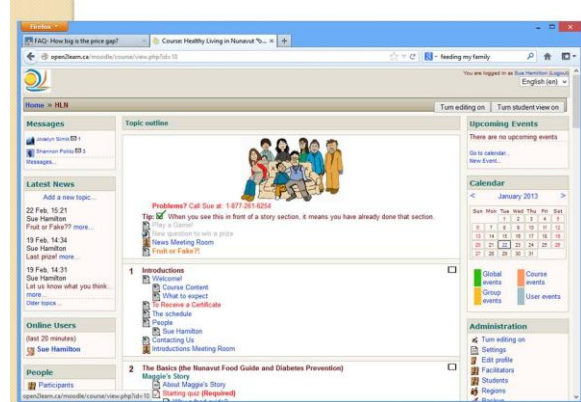
Courses/Website	Sponsor	Target audience	Description
Healthy Living in Nunavut (HLN) (2001 – 2010)	McGill/ GN DHSS/ Open2Learn	Front-line wellness workers (CHRs, prenatal nutrition workers, HCC, students in nursing, midwifery and education, nurses)	Facilitated online non-credit course (English/Inuktitut)
Food Security in Inuit Communities	NAHO-IT/ Open2Learn	Secondary students in Inuit communities	Website to explore food security basics

### Objectives of HLN

- Build capacity of wellness workers and projects in Nunavut
- Allow wellness workers to receive training without travel
- Provide an innovative, lower cost training approach
- Facilitate networking opportunities for Nunavut wellness workers

### Key features

- Nunavut-based advisory group
- Modular approach
- Online discussion forum
- Regionally based telephone and/or Telehealth discussion meetings
- Interactive learning activities
- Pre and post-tests
- Some modules available in Inuktitut





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### Maggie Breastfeeds

Since we last met with Maggie, she has given birth to a healthy boy, Curtis. She began breastfeeding him soon after he was born and although she was unsure of herself at first, she is more confident now. He has already gained weight! However, adjusting to her new life with Curtis is taking a little longer than expected and she is still feeling quite tired.

Through this story we will learn about...

- The benefits of breastfeeding
- The special nutritional needs of a woman and her baby
- The importance of vitamin D for breastfed babies
- The importance of extra energy and fluids
- Common breastfeeding concerns
- Supporting and promoting breastfeeding

Now let's find out about how Maggie has been doing since she had her baby.

Promoting Traditional Food  
Hi! Fish, Meat, Eggs and these groups are better for health than similar foods from the market. They are better to eat and also in industry. Of course, health is only one of the things we consider in choosing what we eat to eat.

Today, children, teenagers and young adults are not eating as much traditional food as other people. Can you think of some ways to encourage the people in these age groups to eat more traditional food? To help you do this, you may want to consider what is keeping younger people from eating traditional food. Please share your ideas with us in the following forum.

This sharing forum activity can be done with other people from your community or program who are taking the course. If possible, get together and discuss how your community or program could promote traditional food by using people. Then discuss it with the message in the following forum.

When you're ready to type your message, just click on the word 'Reply' at the bottom right of this message.

If you would like to open your comment with the 'b' symbol, you can. Just click on the number '123123123' in the available symbols from the 20 Eastern Standard Time. The number is the offset of America time.

When you're ready, you should go back and complete the Editing Quiz in Forum story. To get there, look at the top of this page for fast buttons in blue that each have a small arrow. Click on the go to page where you will see a list of options. Click 'Next' under the Editing Quiz.

Re: Promoting Traditional Food  
Hi! Fish, Meat, Eggs and these groups are better for health than similar foods from the market. They are better to eat and also in industry. Of course, health is only one of the things we consider in choosing what we eat to eat.

Today, children, teenagers and young adults are not eating as much traditional food as other people. Can you think of some ways to encourage the people in these age groups to eat more traditional food? To help you do this, you may want to consider what is keeping younger people from eating traditional food. Please share your ideas with us in the following forum.

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Snack 1

Using the foods on the table, please make a healthy snack that has 1 food from each of the 2 food groups listed below. Drag the foods from the table to place:

1: Milk, Yogurt, Cheese and Bones  
2: Berries, Fruit and Vegetable

check

Images of food items: Milk, Cheese, Apple, Fruit fermented yogurt, Strawberry ice cream, Fruit punch, Cheese whiz.

Is this 100% fruit juice?

ALLEN'S Apple-Peach

Natural Cider with Real Fruit

YES ✓

NO X

What I ate Yesterday...

Large collection of food items: Apples, Bananas, Carrots, Chicken, Eggs, Fish, Milk, Yogurt, Cheese, Bread, Pasta, Rice, Beans, Nuts, etc.



## Cost of pop vs. milk



	Cost as purchased	Cost per cup (250ml)
Milk, fresh	\$12.98 per 4 litres	\$0.81
Pop	\$1.50/355 ml	\$1.05

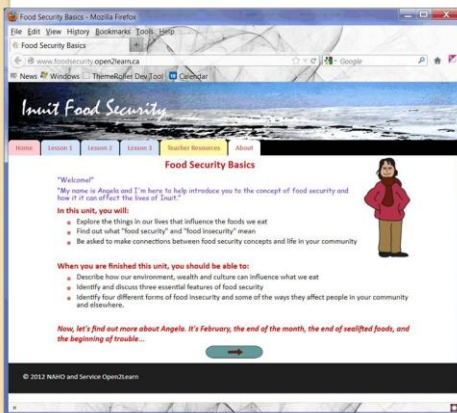
## Lessons Learned

- ~ 40% completion rate, ranged from 32-52%
- Strong support from region and/or community improves completion rates
- Infrastructure (bandwidth, software, tech support, etc) lacking in some communities
- Challenge to support unilingual participants
- Facilitation important feature

## Gap in resources supporting Inuit food security

- 2009: Identified by ITK, NAHO-IT
  - Create more awareness and understanding of food security for the next generation of Inuit decision-makers.
- 2012: *Policy options and recommendations for addressing food insecurity in Nunavut*
  - Frequent recommendation to improve food skills

## Content Advisory Committee Meeting Arviat 2011



## Potential web-based resources on food security

- Structured online courses
  - Health workers
  - Students (NAC, high school)
- “Just in time” learning resources
  - Wellness workers
  - For wider audience of Nunavummiut
  - Could be part of/link to DHSS Healthy Living website, “Mini-courses”, Flash/HTML5 learning games or Facebook apps

## PROGRAMS AND COMMUNITY INITIATIVE

### Supporting Specific Initiatives that Address Acute Food Insecurity – Diana Stapleton



### The Response to Hunger in Canada: History of Food Banking



1981	1987	1989	2008	2012
1 <sup>st</sup> Food Bank: established in Edmonton, 1981	National food bank organization established: Canadian Association of Food Banks	- National Food Sharing System started - First HungerCount Report releases	Canadian Association of Food Banks changes its name to Food Banks Canada.	Today over 4,558 food banks and programs across Canada

It was believed the food bank would be temporary solution to alleviate the immediate need for the hungry. 30 years later, they've become a permanent part of the social safety net.

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### The Response to Hunger in Canada: Food Banks come in all sizes



Tuktoyuktuk, NT:  
30 people assisted



Niqinik Nuatsivik Food Bank: 678 assisted\*



Daily Bread Food Bank: 70,700 assisted\*



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\*March 2012 HungerCount

### Food Banks Provide Food and More ...



- Food banks provide a wide variety of resources and services to their communities



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### What Will it Take to End Hunger in Canada? Long Term Solutions Needed



It takes all of us:  
Individuals  
Business  
Government



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### About Food Banks Canada

## Our Mission

**Reduce hunger in Canada by enabling an effective food bank community that addresses the short term need for food and longer term solutions**

## Who We Are



- Food Banks Canada is the national charitable organization representing the food bank community across Canada

### Our History

- Established in 1988 as the Canadian Association of Food Banks
  - The growing food bank movement identified that a national voice was needed to address long term hunger reduction with the public and government
- In 2008 – the organization underwent a branding change with launch of renewed organization: Food Banks Canada

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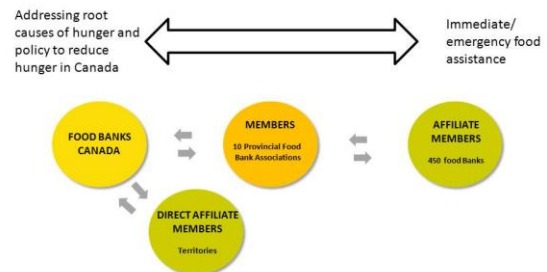
## What We Do



- Food Banks Canada supports a network of provincial food bank associations and community food banks by effectively increasing their capacity to support their communities
- We are the only national charity that acquires and shares food nationally in Canada
- Food Banks Canada engages in public education and advocates for public policy change to eliminate the causes of hunger and poverty in Canada
- Food Banks Canada works to raise awareness and be the leader in the hunger issue
  - Leads and organizes Hunger Awareness Week

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## Food Banks Canada – Our Structure



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## Public Education and Awareness



- Public Education
  - We are dedicated to finding solutions to reduce hunger in our country over the long term. Our initiatives include:
    - **Hunger Awareness Week:** a week to tell the story of food banks and the work they do
    - **Say No to Hunger:** National campaign that looks to raise awareness of the root causes of hunger and our advocacy work



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## Government Relations and Advocacy



The key to addressing hunger in the long term:

*policy solutions that will make an impact for hundreds of thousands of Canadians*

- Working with governments to propose policy solutions that address income, child care, housing, employment and health
  - More/Better jobs – including employment for students and new graduates
  - Building more low income housing
  - Increase Investment in Northern Canada
  - Increasing the child tax benefit
  - Increasing Old Age Security

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## Building the Capacity of Our Network



- Service and support to Food Banks Canada's membership
  - **National Food Sharing System (NFSS):**
    - Acquires and shares large scale industry food donations
    - In 2011 14 millions of lbs of food was distributed across the country
  - **Training and education**
    - Biennial membership conference
    - Safe food handling course – printed materials available
    - Education resources such as nutrition fact sheets
  - **Research**
    - HungerCount – annual survey of food banks in Canada

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## Building the Capacity of Our Network



- Service and support to Food Banks Canada's membership
  - **Funds and Programs**
    - **Rural Support** - will reimburse rural food banks for transportation costs. Grant amounts are dependent on the funding pool and the total number of applicants for that period. Annual grant supported by Syngenta, Shaw and FCC
    - **Community Kitchens** - provides food banks with funding for three categories of work; program development; equipment purchases and upgrades; and leasehold improvements. Supported by Campbell's
    - **Capacity Building** – provides food banks with grants to support capacity building programs in order to develop strong and stable infrastructure within the food banking network. Supported by Kraft.

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## Working with the Territories



- \$121K distributed to affiliate member Territory Food banks in 2011
- Pallets of food have been sent to Yellowknife and Whitehorse food banks
- Grants given for capacity building, donations through Shaw Media to food banks in NT and YK
- Story of food insecurity in Nunavut included in HungerCount2012

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## Hunger in Canada and Nunavut

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### Poverty and Hunger in Canada



3.2 M Canadians live below the Low Income Cutoff (\$19.3K after taxes for a single living in a large city – highest provincial social assistance rate is in Nfld = \$9.8K)



- Almost 1 in 10 Canadian households are food insecure\*
  - 1 in 5 single parent households
  - 40% of food bank clients are single
  - 65% are on social assistance or disability



Youth (15-24) Unemployment rate 14.7%  
Total Unemployment rate in Canada is 7.4%



30% of people 25+ that work part time do so involuntarily

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\* Health Canada report # State Can @HungerCount2012

### Food Insecurity in Nunavut

- 29% of all households in Nunavut are food insecure
- **39% of households with children**
- 73% of households whose main source of income is social assistance

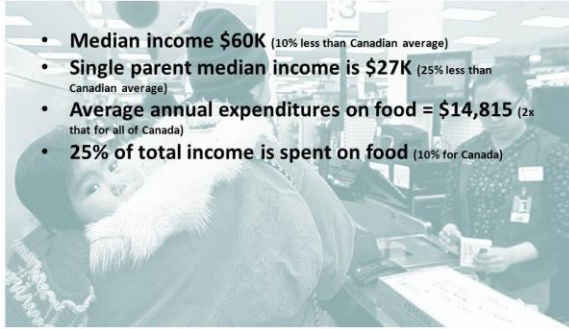
- Unemployment rate 16.6% (July'12)
- Youth unemployment rate 22%
- Median age in Canada = 40.6
- Median age in Nunavut = 24.1

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\* Health Canada report 2010 # State Can 7.4% in Canada

## Food Insecurity in Nunavut

- Median income \$60K (10% less than Canadian average)
- Single parent median income is \$27K (25% less than Canadian average)
- Average annual expenditures on food = \$14,815 (2x that for all of Canada)
- 25% of total income is spent on food (10% for Canada)



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Health Canada report 2010 # Stats Can 7.4% in Canada

"It's vitally important that all Canadians have access to enough food."

"A healthy diet is a basic human right. It is a matter of social justice."

79% of Canadians believe that hunger is an issue in Canada

## What Canadians are saying about hunger

"As a Canadian and one of the richest countries in the world: there should be no excuse for any Canadian to be hungry."

"A country as wealthy as Canada should not tolerate hunger in anybody - but especially in children. We should all feel shame until something is done to rectify this."

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## Starting a Food Bank

### Food Banking 101

#### Space



#### Volunteers



#### Food



#### Community and Financial Support



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## Different Models respond to differing needs



Soup Kitchen



Faith Based



Shelter/Drop In



Thrift Store



Basic Food Cupboard

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## Whitehorse Food Bank

In Yukon, the Whitehorse Food Bank is serving a record number of people. "The big significant things we saw were the number of new clients who were registering with us on average," said Stephen Dunbar-Edge, executive director of the Whitehorse Food Bank. "We were registering about 35 new clients a month. Now a client represents the main head of the household, so that actually represents about a hundred people."

The Whitehorse Food Bank estimates it distributed \$500,000 worth of food last year. "Considering the difficulty in maintaining food banks in the isolated and remote communities that we have that speaks volumes as to the more and more people who are using those services" said Western Arctic MP Dennis Bevington. "What we probably need to organize is a supply of food from prosperous communities with larger food banks that are willing to share with some of these communities." Fall 2012

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### Cover the details:



There are a number of things that need to be done before opening a food bank which include some of the following:

- Governing Board –a group of people who agree to run the food bank
- Plan – where, when, who, what, how much
- Charitable status – allows you to give receipts for funds donated, and to be an Affiliate Member of Food Banks Canada

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### More details



- Insurance – for property and for liability coverage for board and volunteers
- Computer and or phone – so people can find you
- Safe Food Handling training – always good especially if you are going to be dividing bulk food into smaller portions

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### Fund and Food Raising



- Community
- Faith organizations with access to funds from larger centres
- Retail stores – food recovery
- Businesses – providing community support growing trend in corporate sector
- Grants, contests, bingo

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# Thank you!

## Questions?

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Supporting Specific Initiatives that Address Acute Food Insecurity – Kathleen Irwin

Deacon's Cupboard  
Rankin Inlet's Food Bank  
January 23

Preparing food bags



Clothes for sale



Kathleen Irwin  
Food Bank  
Coordinator  
[kirwin@gov.nu.ca](mailto:kirwin@gov.nu.ca)  
867-645-8027



## Supporting Specific Initiatives that Address Acute Food Insecurity – Jen Hayward



Niqinik Nuatsivik Nunavut Food Bank  
Presentation to Nunavut Food Security  
Symposium  
January 23, 2013

### Our Mission

- To bring together hungry people, volunteer resources and nutritious food so people can live more healthy lives;
- Ensure people's needs for independence and their needs for food are balanced when demands upon them are greater than their resources so that autonomy and dignity are preserved;
- To create a caring community within all Nunavut communities so that hunger is reduced.

### Who We Are

- Established in 2001 as a volunteer, non-profit society to run the food bank in Iqaluit and offer support as needed to food-bank type initiatives in other communities.
- Operate 100% on donated funds
- Volunteer operated
- Growth in client base since 2002 is over 1050 people

### What We Do

- Operate a bi-monthly food bank in Iqaluit
- Respond to emergencies
- Advocate for improved resources
- Fundraise, fundraise, fundraise
- Look for partnerships with corporations and other groups

### Challenges

- Space and storage
- Lack of partnerships with similar mandates
- Competing interests
- Increased usage and demands

### Successes

- No closure in over 5 years
- Amazing partnerships with organizations like Northwest Co., First Air, Nunastar, Arctic Ventures, Food Banks Canada & many others
- CRA Registered status
- Over 100 volunteers on our list
- Over 1102 people fed in 2011



- Stick to what we know and core business
- Advocate for improved partnerships on addressing poverty issues
- Showcase our supporters more
- Identify gaps in resources



Contact Us:

[nunavutfoodbank@gmail.com](mailto:nunavutfoodbank@gmail.com)

Like us on Facebook!



## Breakfast Programs in Nunavut: Current Status and Potential Ways Forward



Open2Learn  
sue@open2learn.ca

### Today's presentation

- ▶ Provide brief summary of the process that was used to develop the 2012 discussion document for policy makers
- ▶ Describe highlights of the environmental scan
- ▶ Suggest potential ways forward to maintain and/or improve breakfast programming in Nunavut

### Discussion document

#### Environmental Scan

- Document review
- Key Informant interviews
- Survey of breakfast program coordinators

#### Flexible program model

- Territorial administrative models
- Community level model
- Costing analysis

### Document Review Highlights

#### Effects of Breakfast and Breakfast Programs

- Positive effect on health (nutritional adequacy and healthy BMIs)
- Some effect on academic performance in children of low socioeconomic status in developed countries
- Improved school attendance and behavior

### Key Informant Highlights

#### Socio-cultural considerations

GN IQ Coordinators, representatives from NTI and 4 GN departments.

- General agreement of Key Informants and school staff that BPs are of value to children.
- Importance of universal access stressed
- Caveat is that community members should be more involved to increase local ownership and self-reliance
- This would also reduce burden on teachers

### Key Informant Highlights, cont'd

#### Potential Corporate Sponsors

4 interviews (Northwest Co, Arctic Co-operatives Ltd, Canadian North, Agnico-Eagle Mines)

- ▶ Both retailers expressed interest in supporting BPs.
- ▶ Canadian North interested, but does not provide cash contributions
- ▶ Agnico-Eagle not interested at present



## Key Informant Highlights, cont'd

### Potential Economic Development

- › All 4 KIs felt opportunities were minimal
- › Opportunities mentioned included:
  - Hiring of local cooks and coordinators
  - Ordering of locally harvested country food
  - Ordering of country food from commercial processors
  - Local catering
  - Potential steady market in larger communities to support bakery

## Key Informant Highlights, cont'd

### Breakfast Program Charities in Canada

- › Breakfast for Learning (national)
- › Breakfast Clubs of Canada (national)
- › Club des petits dejeuner du Québec (Québec)
- › Kids Eat Smart (Newfoundland and Labrador)
- › Food First Foundation (NWT)

## Rationale for Breakfast Programs in Nunavut

- High rates of food insecurity
- High rates of childhood obesity
- Low consumption of fruits and vegetables, milk and alternatives, and country food
- Feedback from key informants that BP are of great value to families
- And serve to increase attendance at school

## Current status of BPs in Nunavut

- All are universal access, but not all children participate
- All but one take place at school
- Brighter Futures main funding source
- Funding varies considerably by program (estimated spending on food ranged from \$0.47 – 5.55/participating child/school day)



## Current status of BPs in Nunavut, cont'd

- One-third hire cooks or coordinators to help school staff volunteers
- Minimal community member involvement
- Infrastructure adequate in most cases
- Infrequent use of country food
- GN food and beverage guidelines not always followed



## Flexible Program Model

### Objectives:

- Support optimal food choices
- Optimize funding from non-government sources (corporate sponsors, NGOs and others)
- Distribute funds equitably to programs
- Increase community member involvement
- Strengthen territorial and community support

## Local Programming Features

### Basis for funding

- Food costs
- Community staffing
- Number of participating students

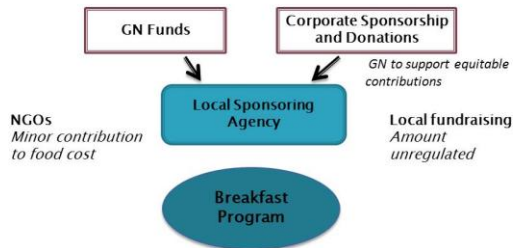
### Other features

- Location
- Promotion and Awareness
- Advisory Committees
- Monitoring and Evaluation
- Training

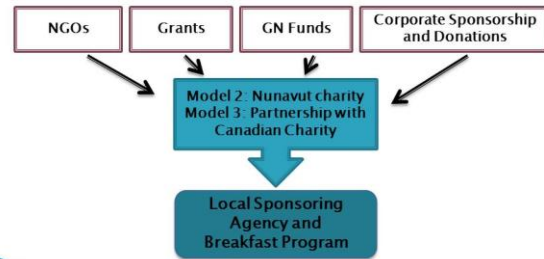
## Proposed Territorial Administrative Models

- › Model 1 (revamped GN model)
- › Model 2 (Nunavut-registered charity)
- › Model 3 (Partnership with Canadian charity)

## Model 1



## Models 2 and 3



## Model Comparison

	Model 1 revamped GN	Model 2 Nunavut-based charity	Model 3 Partnership with Canadian charity
Administration	Relatively simple	High level of support needed	Need to negotiate MOU
Fundraising	More difficult	Good potential	Good potential
Staffing	One position	Two positions	One position
Control of agenda	Good	Good	Need to ensure common vision

## Food Costs

Estimated food costs (2011) for a sample 1-week menu


Menu Items	Amount served	Product	Product Unit Cost	Meal Cost
<b>Day 1</b>				
Crackers (12)	30g	Chipsa Stained Wheat, Thin	\$0.27	
Cheese (100)	100g	Graph Cracker Baked Cheese, 100g	\$1.18	
Apple (1 med - 135g, without core)	135g	Apples, Granny Smith, large	\$1.15	
				\$2.60
<b>Day 2</b>				
Cold cereal (75g)	75g	Asp. Cereals, Shredded, Puffed wheat	\$0.25	
Milk or soy beverage (1 cup)	240ml	Milk 2%, 4L	\$0.50	
Biscuits (1 med - 57g, without nut)	135g	Biscuits, per 100	\$0.54	
				\$1.29
<b>Day 3</b>				
Trair mix & milk (1/2 cup)	120ml	Trair mix in Nunavut BIP Cookbook	\$0.47	
Yogurt (1 150ml)	150g	Canadian Active Strawberry Yogurt, 650G	\$1.18	
100% Fruit juice (1/2 cup)	120ml	100% Fruit Orange Juice, 946ml	\$0.95	
				\$2.60
<b>Day 4</b>				
Trair (1 slice)	75g	East Valley Bread, 100% Whole Wheat, 675G	\$0.15	
Chocolate milk (1 cup)	240ml	Milk 2%, 4L	\$0.50	
				\$0.13
Toy Boat (100ml)	100g	Toy Boat Powder	\$0.73	
Peaches, canned (1/2 cup)	120ml	Can. Monte Peach Slices, 790ML	\$0.49	
				\$1.85
<b>Day 5</b>				
Country Bread (75g, less for dried)	75g	East Valley Bread, 100% Whole Wheat, 675G	\$0.15	
Chop (1 slice)	25g	East Valley Bread, 100% Whole Wheat, 675G	\$0.15	
Dried Fruit (apple slices, raisins, etc.) (40-50g)	40-50g	Sunmaid Raisins, 24-6 packs	\$0.80	
				\$2.85
				\$2.74



## Territorial BP Cost Estimate

Category	Initial Start-up	Annual Cost
Food	N/A	2,090,000
Local Coordination	N/A	814,000
Territorial Coordination	N/A	135,000 - 250,000
Infrastructure	150,000	27,500
Training and materials	200,000	75,000
<b>Total</b>		<b>3,141,500 - 3,256,500</b>

## Conclusions

- › Breakfast programming can help alleviate food insecurity and improve health, school attendance and academic performance
  - › Current programming highly valued, but funding and implementation are inconsistent
  - › To promote self-reliance, need to transition away from teacher run programs
  - › Costs will be higher than current spending
- 

## LOCAL FOOD PRODUCTION

### Exploring the Potential for Local Food Production – Gene Hachey



## Nunavut Food Security Symposium

Security/Insecurity  
I don't understand?

So long as you have food in your mouth, you have solved all questions for the time being.  
Franz



Nunavut Food Security Symposium, 2013

## Targets



- Who Wants This?
  - Stores, Consumers, Institutions
  - Demographics
- Why?
  - Nutrition, Fresh, Cheap, Consistent
- What Exactly do They Want?
  - Is everyone on the same page?

Nunavut Food Security Symposium, 2013

## Expectations of Food

- Safe
  - Regulations, Trust,
- Nutritious
  - Grown How?
- Varied
  - Expect foods that simply do not exist in our environment
- Cheap
  - Define, Matter of perception
- Available
  - Secure supply

Nunavut Food Security Symposium, 2013

## Current Technologies

- Land Based
  - Extensive/Intensive, Commercial
    - Not Really Applicable to Nunavut
- Greenhousing
  - Environmental Controls
    - Extended Season( Preferred, Practical) or Year Round
    - High Establishment and Operational Costs (heat,light, management)
    - New Technologies, LED
    - Hydroponics or media based

Nunavut Food Security Symposium, 2013

## To the Future

- What Have We Got:
  - Buildings, Lots of em
    - Heated 24 hours a day
    - Lighting at least 8 to 10 hours per day
    - Lots of Unused space
    - Lots of Unused time
- How Do We Maximize
  - Vertical Indoor Systems
    - Small footprint
    - Efficient
    - Good output

Nunavut Food Security Symposium, 2013

## Get Out of the Box! Or In the Box

- Look at What is existing
- Integrate into these systems
- Growing Systems Integrated into School
  - Part of curriculum
  - Experiential for Students
  - Eat the Lessons
- Commercial and Public Buildings
  - Enhanced Environment
  - Increased Sense of Community
- Look at Heat Scavenging and Renewable Energies
  - Build Systems around what is being wasted

Nunavut Food Security Symposium, 2013

## Food Production in Nunavik

Repatriating our food self-sufficiency

### Existing Commercial Production

- One functioning restaurant
- Two smokehouses – arctic charr sold just within the region
- Makivik's shrimp fishery, although none of the product is sold within Nunavik
- Some local production in houses – nikuuq, pitsiiq, mussels, pastas, pastries, bread, etc.

### Axis 1 – Enhancing Local Resources

#### **Historical Efforts**

- Stream enhancement and arctic charr hatchery
- Muskox farming – Kuujuaq area in 1970s and 1980s
- Raising caribou in captivity – Kuujuaq in 1980s

## Nunavik – Our Present Status

- Highly dependent on food imported from the south – 84% of calories is sourced elsewhere
- Traditional foods supplied through local Hunter Support Programs, sharing within extended families, hunting as a part-time activity
- 13.1% of the population dependent upon community freezers for their nutritional needs

### Three Approaches to Increased Food Self-sufficiency

- Axis 1 – enhancement of existing resources
- Axis 2 – introduction of new resources
- Axis 3 – local food transformation

### Axis 1 – Enhancing Local Resources

#### **Future Initiatives**

- Mussel and shellfish farming
- Field berry intensification
- Revisiting the ranching of caribou and muskox





### Axis 2 – Introduction of New Resources

#### ***Historical Efforts***

- Nothing has been done beyond “hobby” efforts with greenhouses and chickens

### Axis 2 – Introduction of New Resources

#### ***Future Initiatives***

- Hydroponic and soil-based greenhouses: a commitment to be present in all 14 communities
- Initial experimentation with new species such as fowl (chicken, ducks, etc.) and rabbits
- Studies into the production of hay and silage in the southernmost communities

### Axis 3 – Local Food Transformation

#### ***Historical Efforts***

- Nunavik Arctic Foods – pâtes based on caribou
- Arctic Delights – tisanes using regional herbs
- Pitsituuq and Isiritsivik smokehouses – smoked arctic charr

### Axis 3 – Local Food Transformation

#### ***Future Initiatives***

- Focus on transforming foods for local consumption:
  - Frozen or canned convenience foods to replace southern fast foods
  - Health foods using local plants and berries
  - Specialty food, i.e. “Coquilles Nunavik”

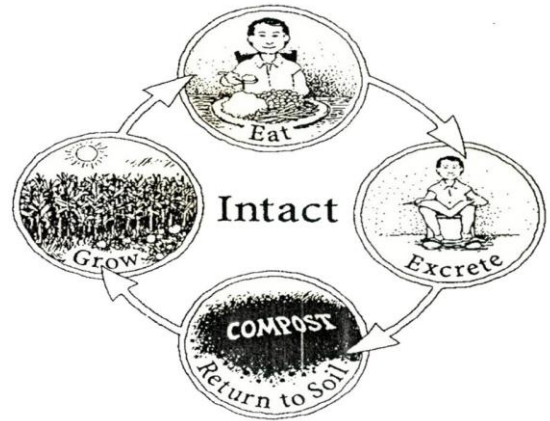
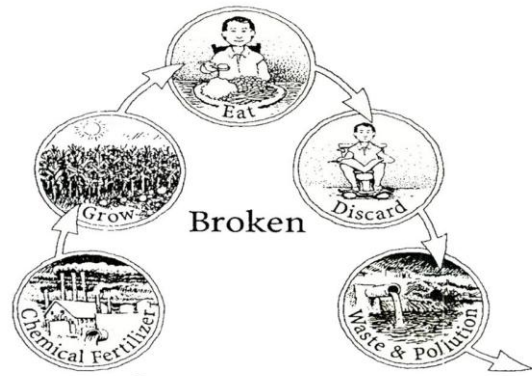
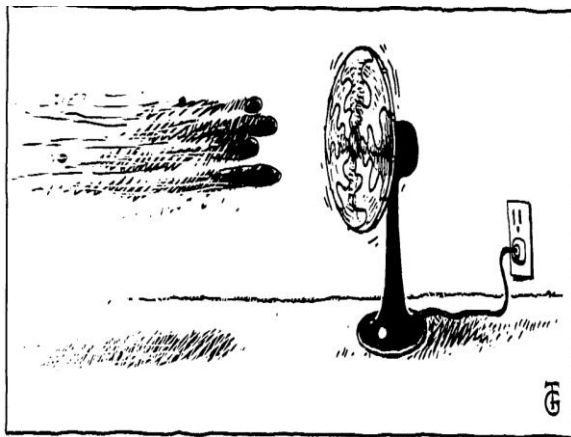


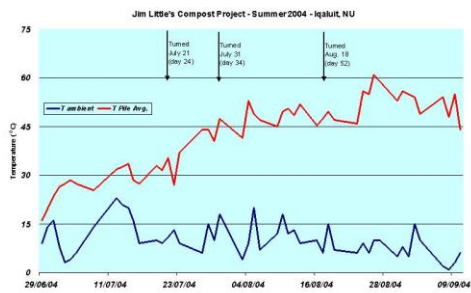
Exploring the Potential for Local Food Production – Jim Little

The Bill Mackenzie Humanitarian Society



Composting in Iqaluit





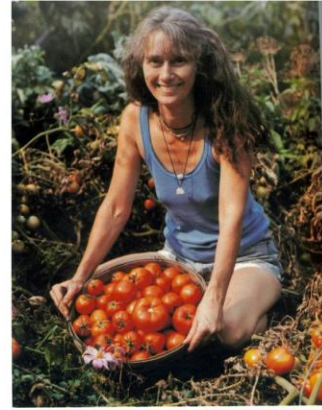
**Compost production**

6500 people produce 6500 tons of garbage per year  
 30% of residential garbage is food waste = 1950 tons  
 Food waste is 80% water  
 Therefore yearly yield of mature compost = 390 tons

**Topsoil production**

Local soil to compost at 3:1 = 1560 tons per year





Compost microorganisms help convert humanure into garden produce, as shown in this late-see son photo of a tomato harvest from an organic garden fortified with humanure compost.







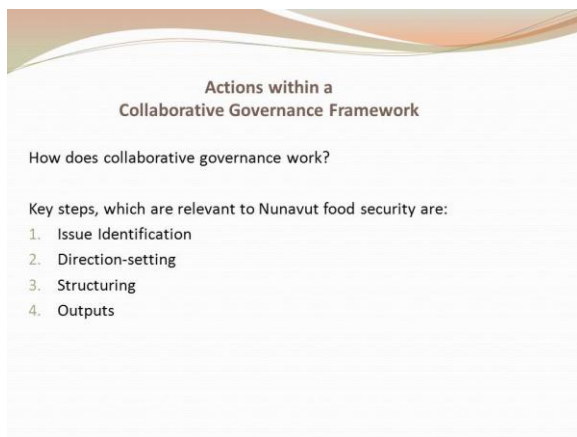
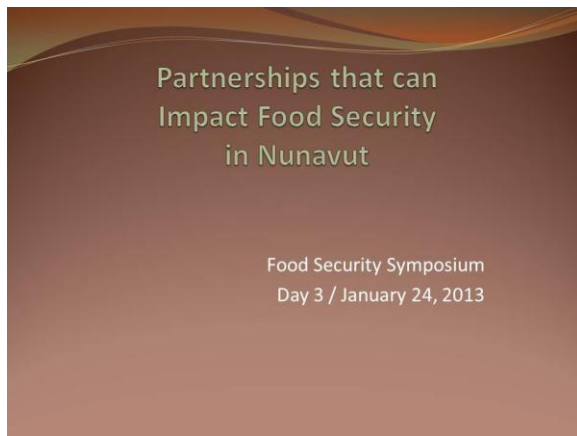








Partnerships That Can Impact Food Security – Alex Ker



### Food Networks/Coalitions

- Most common organizational form of partnership
- Found organized at community, regional and provincial/territorial levels
- Key Features:
  - diverse set of participating organizations with diverse values and interests
  - limited direct connection to government
  - decentralized with no group(s) dominating the network
  - limited formal legal structure (societies)
  - Have either steering committee or elected board
  - limited financial resources and staff
  - Strengths and challenges

### Example: BC Food Systems Network

- BC Society focusing on food security
- Membership open to any person or group supporting the Network's mission and inclusive process
- Different types / tiers of membership with varying annual dues
- Board of Directors elected by membership
- Primary roles/activities:
  - Build relationships
  - Promote food security
  - Enhance skills and knowledge
  - Food policy advocacy
  - Convene annual gatherings

### Non-Governmental Organizations

- Commonly either incorporated as not-for-profit or registered charity
- Features:
  - Range of participating organizations and individuals
  - Receive government funding
  - May have government representation on Board
  - Strong connection/pathway into government
  - Some financial resources and staff (1-2 FTEs, project funded positions)
  - Challenges and Strengths

### Example: Food Security Network of Nfld. and Labrador

- Currently an incorporated not-for-profit, but considering registered charity status
- Voting and non-voting members (voting members pay dues, can sit on Board)
- 12 member "guiding" Board that includes a government representative from the Department of Health and Community Services (DHCS)
- Executive Director, 2 staff and project staff
- Core funding from Department of Health and Community Services (\$120,000/year)
- Project funding (including from PHAC)

### Example: Food Security Network of Nfld. and Labrador

#### Activities:

- Networking and Information sharing
- Public awareness and education
- Building strategic partnerships
- Supporting community food security
- Research and policy advocacy

Food security is embedded in N&L's Provincial Food and Nutrition Plan and in an Agriculture Plan

### Food Policy Councils

- Most commonly established at the municipal level by local (i.e. city) or regional governments.
- Generally structured as a group of *representatives* of stakeholder groups, including government and different sectors of the food system (producers, processors, distributors & consumers)
- Key Features:
  - Membership defined not open
  - Initiated by governments and stakeholders
  - Direct connection to government
  - Often sub-committee of Health Board
  - Government representation in governance body
  - Often government funded

## Food Policy Councils

### Strengths:

- Improved coordination on food system
- Opportunities for collaboration
- Capacity to influence food system, food policy & food security

### Challenges:

- Diverse membership and interests
- Identifying an effective governance structure
- Obtaining adequate funding
- Balancing policy and program work

## Example: Toronto Food Policy Council

- Sub-committee of City of Toronto's Board of Health
- Membership: 1 member of Board of Health, 2 City Councillors, 2 youth (Toronto Youth Food Policy Council), 3 representatives from farm/rural communities and up to 22 Toronto citizens
- Members serve 3 year, staggered terms
- Co-chaired by 1 Councillor and 1 Citizen Member
- 1 full time staff (Coordinator) from Toronto Public Health. Other staff assigned as required.
- Monthly meetings, open to the public.

## Example: Toronto Food Policy Council

### Activities/Role:

- Advises and supports Toronto Public Health
- Advocates for innovative community food security programs
- Fosters dialogue among stakeholders
- Community reference group for Toronto Food Strategy

Toronto has a Food Charter and a Food Strategy

## Partnerships for Food Security: Other Components - Food Charters

- Food Charters have been (or are being) developed in many jurisdictions and at provincial and municipal levels
- They set out a vision for a food system – how it should function and/or how policies and programs should contribute to the strength of that system.
- Food Charters:
  - Provide public means of demonstrating commitment to sustainable food system
  - Anchor commitments to principles for sustainable food system policies
  - Start and focus dialogue on food issues
  - Foster partnerships and networks
  - Support fundraising efforts
  - Can be developed with broad stakeholder input

## Structural Options for a Nunavut Food Security Partnership

- Nunavut Food Security Coalition (expanded)
- Nunavut Poverty Reduction Round Table (e.g. Food Security Sub-committee)
- Food Security Council
- NGO-type structure (not-for-profit or registered charity)
- Citizen-led Food Security Network

End



## ACHIEVING A COLLECTIVE VISION

### Review of Key Symposium Objectives – Natan Obed, Ed McKenna, Jennifer Wakegijig



## Thematic Overviews Day 3 – Working Session

Nunavut Food Security Symposium  
January 24, 2013

### Theme 1

## Country Food Access

### Transferring Traditional Skills to Future Generations

- 1) Strengthening Inuit language skills is essential to allow for knowledge transfer between elders and youth.
- 2) Supporting the transfer of traditional skills using formal (e.g. school-based) and informal (e.g. mentorship-based) methods.

### Theme 1

## Country Food Access

### Availability of Wildlife for Food

- 1) Ensuring that the needs of Nunavummiut continue to be balanced with the principles of conservation for harvesting wildlife stocks.
- 2) Recognizing the potential of intercommunity sharing networks to help with local wildlife shortages or surpluses.
- 3) Supporting a shift (i.e. "local food transformation") toward expanding food preferences (i.e. "make the unappetizing appetizing"), consuming new species (e.g. whelks, turbot), and utilizing all parts of the animal (e.g. whale meat, harp seals).
- 4) Filling knowledge gaps through culturally-sensitive wildlife research, involving both traditional and scientific knowledge, to ensure harvest levels are sustainable.

### Theme 1

## Country Food Access

### Increasing Community Sharing of Foods through Informal Networks

- 1) Promoting the continuation of informal sharing that has occurred in the past and still occurs today (e.g. through radio announcements, community feasts).
- 2) Supporting communities to effectively utilize funds targeted at country food access (e.g. Nunavut Harvester Support Program, Country Food Distribution Program)
- 3) Incorporating a sharing component into hunter support programs (e.g. recipients could be required to show they contribute food security by providing country food to elders and others in need).

### Theme 1

## Country Food Access

### Sustainable Country Food Commercial Access

- 1) Exploring the sustainable commercialization of country food, while also ensuring that traditional sharing is also supported, and that country food is available to those who need it most (e.g. elders, single mothers).
- 2) Redirecting current food exports (e.g. turbot) to local markets.
- 3) Exploring ways to make country food available in stores at affordable prices (clarifying inspection requirements)
- 4) Improving community-based infrastructure to provide hunters with places to store, prepare, and sell their harvests.
- 5) Considering food security subsidies for meat and fish plants.
- 6) Exploring ways to ensure hunters can be compensated (professional designation, with salaries and benefits).

### Theme 2

## Market Food Access

- 1) Maintaining a relationship with Nunavut's retailers, who are important partners in food security, and including their initiatives in a collaborative strategy.
- 2) Continuing to support in-store promotion of healthy eating, such as the recipe promotion program and in-store taste testing initiatives currently underway and planned.
- 3) Undertaking nutritious food basket surveys and regularly compare these with income support food allowances, as an advocacy tool.
- 4) Further exploring the potential of making country food available in stores at affordable prices.

### Theme 3

## Policy and Legislation

- 1) Explore legislative approaches to protecting traditional economy
- 2) Support *Nunavut Food Donations Act*
- 3) Examine equity of existing policies, regulations and subsidies across communities
- 4) Promote self-reliance among income support recipients
- 5) Consider income support reforms, pension indexing and other tools to ensure adequate incomes

### Theme 4

## Life Skills

- 1) **Sharing and promoting existing learning resources.**  
Create a way to share existing learning resources between organizations, learning programs, and the public.
- 2) **Making core learning resources.**  
Make core learning resources about the key areas for skills development (food use, budgeting and food planning, infant and child feeding) to support educators in variety of programs and settings (including formal settings, such as schools and the college, and informal settings, such as in community groups)
- 3) **Fostering a network of educators.**  
Foster a network of people involved in supporting the development of life skills for food security, including content experts, formal educators and informal educators, so that they can...

### Theme 4

## Life Skills

- 4) **Including food skills and knowledge in other programs.**  
Support educators to include food skills and knowledge development in their programs, such as by providing resources, training and encouragement.
- 5) **Embedding language, literacy and other foundational skills into food skills initiatives.**  
Integrate language, literacy and other foundational skills development into learning programs and resources related to food security to support sustainable change and self-sufficiency.
- 6) **Making more skills development programming available overall—for children and adults,**  
in such as CPNP-type programs and home economics programs, in formal settings (College, schools) and informal settings (community groups).

### Theme 5

## Local Food Production

- 1) Sharing innovative ideas with communities across Nunavut, such as community composting, and other ways of doing more with what we already have.
- 2) Exploring the financial viability of greenhousing and other food production initiatives that may have potential in Nunavut.
- 3) Empower people to produce food, informing them about what is being done elsewhere.

### Theme 6

## Programs and Community Initiative

#### Prioritize Breakfast Programs

- 1) Establishing sustainable breakfast programs for children in all communities
- 2) Engaging parents and community members in school food programs.

#### Specific Community-Based Initiatives that Address Acute (Emergency) Food Security

- 1) Preparing tools for food banks, soup kitchens, food hampers, and community lunch programs.


#### Broad Community Initiative

- 1) Supporting community networks and volunteerism.
- 2) Assessing community assets and gaps for food security.
- 3) Establishing community facilities including community kitchens and multi-functional community food centres .



# Food Security through the Camera Lens:

## Community-based Photovoice projects




**Photovoice** is a participatory action research method that uses photography to explore important issues.

This process gives community members the opportunity to record, reflect, and discuss various topics in a creative way.

Equipped with cameras, participants document a specific topic through photography, and discuss their findings as a group.

By visually representing their experiences, important issues can be more effectively communicated to both policy-makers and other community members.





**Photovoice** projects related to food security have taken place in Iqaluit, and some of the results are displayed here.

Participants were asked to document the following questions:

*“What aspects of your everyday life affect what you eat and how much you have to eat?”*

*“What aspects of your everyday life and the world around you impact how you feel?”*

Please take some time to see what Nunavummiut had to say!



*“I'm already getting hungry... Makes me want to go hunting!”*



Food Program Users Photovoice Project (2010) Iqaluit, Nunavut  
Lardeau, Healey, and Ford







Food Program Users Photovoice Project (2010) Iqaluit, Nunavut  
Lardeau, Healey, and Ford

“ It’s essential to have [the food bank] here,  
it would be better if we had it every week. ”



Food Program Users Photovoice Project (2010) Iqaluit, Nunavut  
Lardeau, Healey, and Ford

“ If I could afford it, I would get the country foods  
at the store instead of these. ”





“ A lot of money is spent on cigarettes  
that could be spent on food. ”



Food Program Users Photovoice Project (2010) Iqaluit, Nunavut  
Lardeau, Healey, and Ford

“ Sometimes [alcohol and tobacco] come first, before food... ”



Food Program Users Photovoice Project (2010) Iqaluit, Nunavut  
Lardeau, Healey, and Ford





“ Palaugaaq – my favourite. ”



Youth Photovoice Project (2010) Iqaluit, Nunavut  
Qaujigiartiit Health Research Centre



Youth Photovoice Project (2010) Iqaluit, Nunavut  
Qaujigiartiit Health Research Centre

“ Good for you, but expensive, and everyone likes junk food. ”





“ We are slaves to junk food. ”



Youth Photovoice Project (2010) Iqaluit, Nunavut  
Qaujigiartiit Health Research Centre



Youth Photovoice Project (2010) Iqaluit, Nunavut  
Qaujigiartiit Health Research Centre

“ We waste so much money on pop. ”

