



Food Security

October 17 10:30 am
Dawn Morrison and Lucy Hemphill

Comprehensive Community Planning Workshop 2019

Topic Overview

Please provide a brief overview of your topic.

- What is your topic?
 - Shift away from colonized, industrial food supply to Indigenous cultures ways of harvesting, preparing and sharing food
- Why is it important or useful for CCP?
 - Access to food is important, but rebuilding connection to land equally important for health

Key Learnings

- Community forcefully moved from their territory, connection to land and food resources broken
- CCP- revealed need for nutrition focus
 - Unaffordability of fruits and vegetables- good food box improved access
- Teach youth how to catch, prepare fish
- Traditions are a way to build food sovereignty
- Language is embedded with knowledge about lands and waters
- Food sovereignty is a grassroots approach
- Most Indigenous peoples in Canada are hunters and harvest food, not agriculture
- 2 million people are resisting corporate food system- small farmers etc.
- Decolonizing food system- food is not a product, a commodity- it's a sacred gift, our responsibility
- Food Sovereignty Assessment Tool- about abundance rather than scarcity
- 40-60% of food produced by industrial processes is wasted, we don't need more food, we need more cultural values/policies to use food well/wisely- social policy questions
- Tools and resources by Dawn's org to transition away from technological food industrial complex to redistribution of food – food sovereignty
- Most land is privately owned by white people – framework needs to change for this large-scale change to occur- reconciliation can only happen in this way



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Amazing Quotes from the Session

- “Harvesting your traditional food is medicine...preparing them, sharing them with loved ones through feasts or gifts is medicine”
- “building relationships with one another...properly following protocols in big house is building food security”

Further Resources and Links

- Vandana Shiva- Post WWII food industrialization – shift from cultural approach to technological approach