



UNDERSTANDING OUR FOOD SYSTEMS GATHERING

An interactive workshop to explore food sovereignty in First Nations communities.

JANUARY 23, 2019

9:00AM - 5:00PM

Regional Food Distribution Association - 570 Syndicate ave S

MORNING - 9:00am

Opening & Introductions

Overview of the Indigenous Food Circle & Understanding Our Food Systems Project

by Jessica McLaughlin & Charles Levkoe

Food Sovereignty on Our Plates

by Rich Francis

12:00 LUNCH

Cooked by Rich Francis

AFTERNOON - 1:00pm

Pathways of Resistance/Resilience:

Improving Traditional Food Access for Urban Indigenous People

Special Guests from Saskatchewan

Northern Manitoba Food, Culture, & Community Collaborative and Community Representatives

Julie Price

Brian Trewin from Leaf Rapids - Grow North Boreal Gardening;

Sarah Cameron, Michelle Brandon & Isaac Brandon - Waywayseecappo First Nation

Donna Sanoffsky from Wabwoden - Bayline Food Buying Co-op; Wabwoden Traditional Teachings; Beekeeping Project

Closing