



WAASEGIIZHIG
NANAANDAWE'YEWIGAMIG

TRADITIONAL FOOD GUIDE & SUPPORTING RESOURCES

MASHKIKIWAN MIJIM ~ FOOD IS MEDICINE



MINO BIMAADIZIWIN
**RECLAIMING FOODS THAT SUPPORT OUR
HEALTH IN THE REGION WHERE WE LIVE**

BOOZHOO

Chi oji-mino bimaadiziwaat anishinaabeg. Miinawaa anishinaabe miinigowiziwin da-biminizhe'igaade ge'izhi'bimi'ind anishinaabe. Maano gaye dawiichi'aa anishinaabe giishpin amichigooshi naanandaweyen wii odone'aang. Gakinagego gaa ishi miinigowizid anishinaabe dadishiikaade jiminobimaadiziwaat anishinaabeg.

WELCOME

Our purpose is to foster healthy Anishinaabeg and communities through traditional and contemporary health care encompassing mind, body, heart, and spirit.

WHAT WE DO

Waasegiizhig Nanaandawe'iyewigamig offers wholistic primary health care and preventative services combining traditional and contemporary approaches to health and healing. Complementary programs include a residential healing program and hostel accommodation for people accessing hospital services in Kenora.

WAASEGIIZHIG NANAANDAWE'YEWIGAMIG

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1-888-MYWNHAC (1-888-699-6422)

HEAD OFFICE

Washagamis Bay First Nation

P.O. Box 320

Keewatin, ON P0X 1C0



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BOOZHOO! WELCOME!

ABOUT THIS RESOURCE

This **resource** is the result of a partnership with community members and the WNHAC team. This resource highlights the connection between TRADITIONAL FOODS & HEALTH. The pages of this booklet share the important role of traditional foods as medicine. Food – in addition to GUIDANCE FROM A HEALTH CARE PROFESSIONAL and/or TRADITIONAL KNOWLEDGE KEEPER – is the best medicine to stay well.

TRADITIONAL FOODS are connected to: THE LAND, LANGUAGE, and ENVIRONMENT.

Colonization has broken connections to traditional foods and medicines. For this reason, we see an increase in chronic disease and food insecurity in communities. Reclaiming traditional diets is a way to be more food secure AND to prevent and treat diet-related illnesses. In this way, traditional foods and land-based food practices are healing.

THIS TRADITIONAL FOOD GUIDE is built on ANISHINAABE LANGUAGE AND WISDOM. Honouring and sharing Anishinaabe knowledge is the best way to heal and care for each other.

It is our hope that this resource continues to grow. This resource is a starting point for conversation, teachings, and knowledge sharing.

WHAT DOES THIS RESOURCE CONTAIN?

- A Traditional Food Guide, plus suggestions on how to use this guide.
- Traditional Food & Medicine “Factsheets”. These factsheets offer health messages and nutrition information about traditional foods. These health messages support our physical, mental, emotional, and spiritual well-being.
- Community strategies for accessing traditional foods.
- Breastfeeding resources.



HOW TO USE THIS BOOKLET

This booklet can be used to help us share healthy food choices – using traditional foods and store-bought foods. The Traditional Food Guide & Supporting Resources can be shared during nutrition workshops, community kitchens, or traditional food and land-based workshops. Recipes can be made for workshops and community kitchens.

The resources in this booklet can be used together, or separately, as an opportunity to:

- Increase awareness about traditional foods.
- Learn about and discuss the health benefits of traditional foods.
- Discuss the foods available in your community, favourite foods, and food stories.
- Share difficulties and successful strategies for accessing traditional foods.
- Share recipes.

You can print any of these pages as posters to share in community.

HOW TO USE THE TRADITIONAL FOOD GUIDE

The Traditional Food Guide/Anishinaabe Wiisiniwinan/Ge'inanjiget (page 4) can support us in learning about, and discussing, local traditional foods. This booklet also contains a blank Traditional Food Guide (page 5), so that the work can continue to grow. Here, you can add other foods and ideas to the guide. To discuss barriers to traditional foods and strategies for change, see pages 6-10.

Questions you can reflect on as a group:

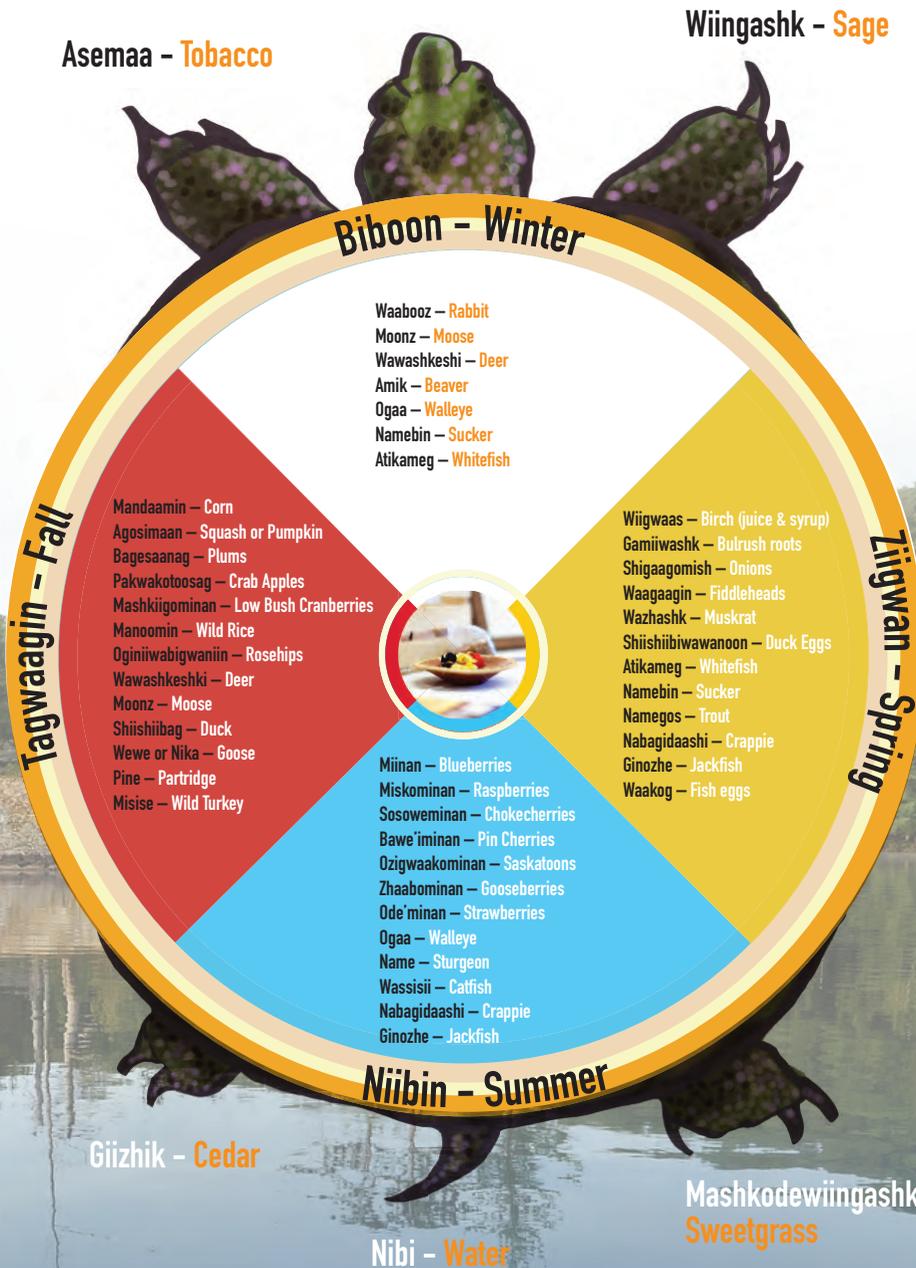
- Are we familiar with the foods in this guide?
- Have we gathered, eaten, cooked, or shared these foods?
- What physical, mental, emotional, and spiritual gifts do these foods offer?
- Any foods that we would like to add to the guide? How can we continue to grow traditional food teachings as a community?

The food guide can be shared during nutrition workshops, community kitchens, or traditional food and land-based workshops.

Resource booklet created in collaboration with Waasegizhig Nanaandawe'yewigamig and Meeting Ground Consulting ©2020



ANISHINAABE WIISINIIWINAN/GE'INANJIGET TRADITIONAL FOOD GUIDE

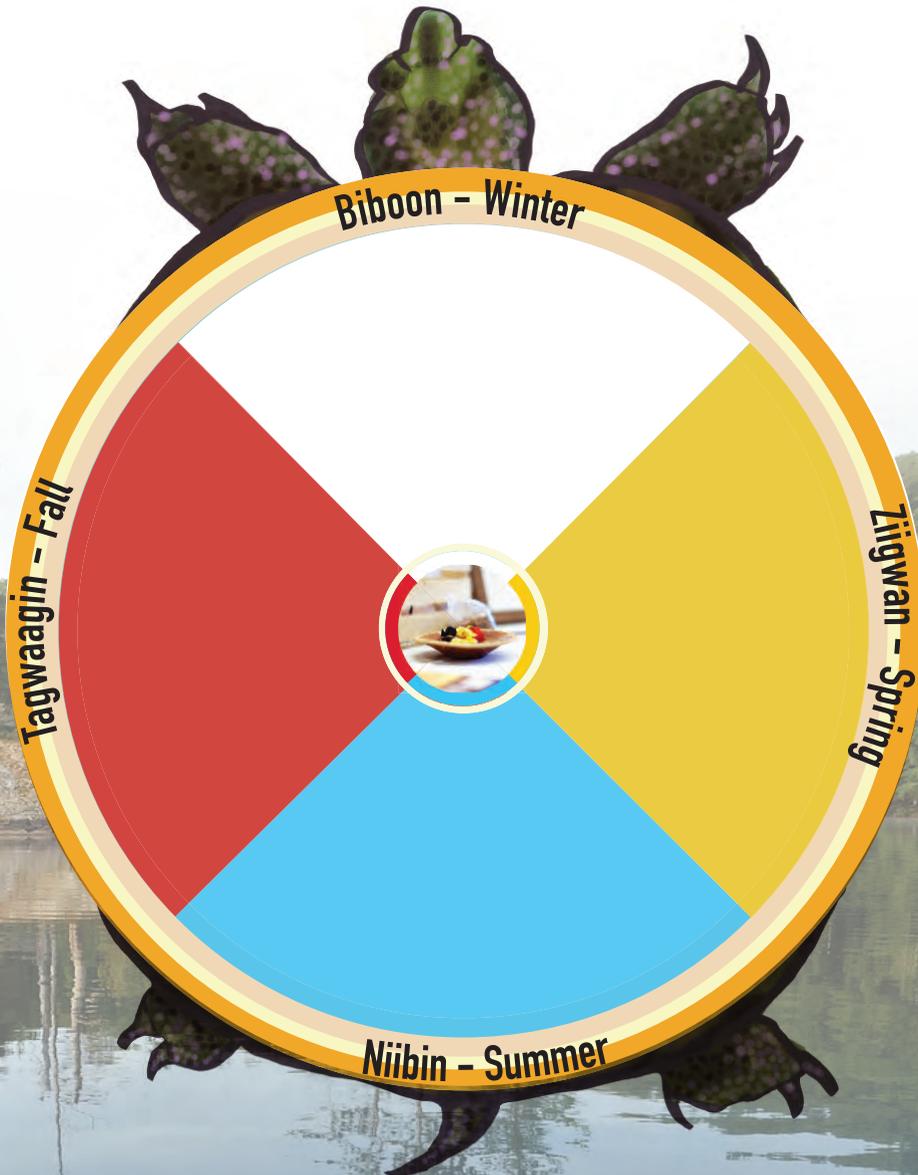


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ANISHINAABE WIISINIIWINAN/GE'INANJIGET TRADITIONAL FOOD GUIDE



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STRATEGIES FOR CHANGE: INCREASING ACCESS TO TRADITIONAL FOODS

In November 2019, WNHAC held a workshop: *Building a Traditional Food Guide Together*. Participants told stories about harvesting, eating, and sharing traditional foods.

The following pages share some of this information:

- Ways traditional foods are harvested
- Barriers to accessing traditional foods
- Strategies to increase access to traditional foods

Workshop questions were adapted from:

Wilson, A.C., & Yellow Bird, M. (2007). Decolonizing Indigenous Diets. In: A.C. Wilson M. Yellow Bird (Eds.), For Indigenous Eyes Only: A Decolonization Handbook (pp. 67-86). School of American Research.

Food Matters Manitoba. (2013). Manitoba Traditional Foods Initiative Planning and Resource Development Project: A Traditional Foods Resource for Northern and First Nation Communities. Winnipeg, MB.

First Nations Health Council (2010). The BC First Nations ActNow Toolkit. Vancouver, BC.



HOW DOES YOUR COMMUNITY ACCESS TRADITIONAL FOODS?

Trapping/Snaring

Gardening

“The bush is out there”

Gathering

Harvesting Events

Hunting

Knowledge Keepers

Food Champions

Berry Picking

Fishing/Netting

Sharing

Boat/Canoe

Fall and Spring Harvests



BARRIERS TO ACCESSING TRADITIONAL FOODS IN YOUR COMMUNITY?

Colonization

- Disrupts traditional food sources and practices
- Increased dependence on store-bought foods

Need for Knowledge and Skill-Building

- Need to create more opportunities to share traditional knowledge, knowledge of the land & lakes
- Need to develop skills to hunt, prep wild game, fillet fish, set traps
- Need to develop skills to can, preserve, pickle, dehydrate, and smoke foods
- Develop food knowledge: how to identify & use traditional foods

Time

- Not enough time to hunt, berry pick, or preserve foods

Cost & Accessibility

- Transportation
- Access to hunting equipment and licenses
- Access to boats, fishing rods, and tools
- Access for the elderly or physically disabled

Environment

- Fewer animals
- Mercury contamination
- Blastomycosis



HOW HAS COMMUNITY OVERCOME BARRIERS TO TRADITIONAL FOODS?

Gardening

- Community Gardens
- Greenhouses

Harvests

- Fall Harvests
- Fall and Spring Feasts

Knowledge Sharing, Teaching Food Skills

- Cultural Days, Knowledge sharing in schools
- School-based programs
- Sharing circles to pass down traditions & food skills, teachings from Elders
- Workshops:
 - For example, tapping birch trees, harvesting wild rice
 - In Shoal lake 39 (Iskatewizaagegan), sharing teachings about wild meat and fish preparation and smoking, wild rice recipes
- Community Kitchens
- Firearms courses

How do you access traditional foods that are hard to find?

- Trade
- Travel
- Communities share with each other, families, relatives & visitors
- Community partnerships
- Buy foods or have them gifted
- Find ads on Facebook for traditional foods



4 WAYS TO PROTECT AND RESTORE INDIGENOUS FOOD SYSTEMS:

Sacredness

Food is a sacred gift from Creator. We are in relationship with the land, water, plants and animals.

Participation

Sharing day-to-day traditional food practices with our families and communities.

Self-determination

Responding to the need for safe, healthy local foods. We make decisions about how we grow, gather, hunt, and fish.

Policy

Working together to change colonial policies that affect the environment. This can help restore Indigenous food systems.

See: Morrison, D. (2011). Indigenous food sovereignty: A model for social learning. In H. Wittman, A. Demarais, & N. Wiebe (Eds.), Food Sovereignty in Canada: Creating Just and Sustainable Food Systems (pp.97-113). Halifax: Fernwood Publishing.

and: <https://www.indigenousfoodsystems.org/food-sovereignty>



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NIBI ~ WATER

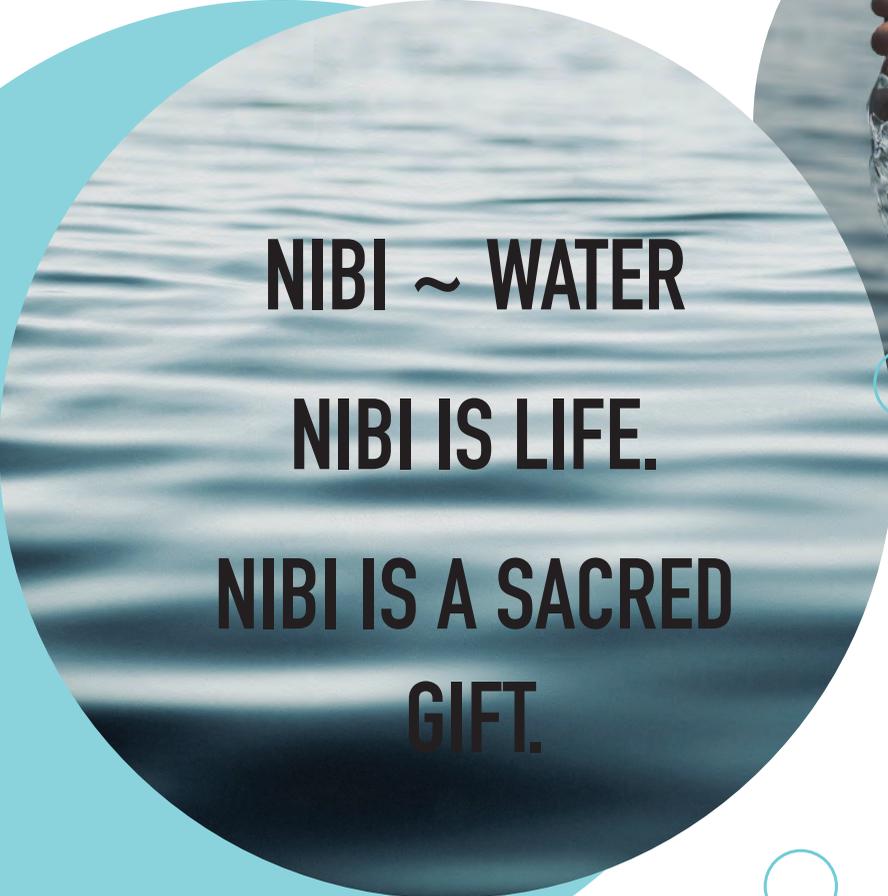
NIBI IS LIFE.

**NIBI IS A SACRED
GIFT.**

**Nibi has a spirit.
This spirit gives
life, nourishes, and
is medicine for us.**

- **NIBI IS THE FIRST MEDICINE. ANISHINAABE-KWEG (WOMEN) ARE LIFE GIVERS, AND ARE RESPONSIBLE FOR HONOURING & PROTECTING NIBI.**
- **NIBI CARRIES NUTRIENTS AND OXYGEN TO OUR CELLS.**
- **NIBI HELPS US DIGEST FOOD AND REMOVE WASTE FROM OUR SYSTEMS. IT HELPS PROTECT OUR ORGANS AND TISSUES.**
- **NIBI HELPS US MAINTAIN A HEALTHY BODY TEMPERATURE & WEIGHT.**





NIBI ~ WATER

NIBI IS LIFE.

**NIBI IS A SACRED
GIFT.**



Respect Nibi ~
Nibi is our most
important drink.
It keeps every
part of our
bodies working!



QUENCH YOUR THIRST REGULARLY! WE NEED NIBI TO STAY HYDRATED & TO HELP KEEP OUR MINDS FOCUSED.



IF YOUR KIDS GET BORED WITH PLAIN NIBI, TRY ADDING SOME FRUIT TO IT! CHECK OUT DIFFERENT FRUIT-INFUSED NIBI RECIPES.



GIVE THANKS ~ MIIGWECH. NIBI GIVES US LIFE. CONNECT WITH ELDERS IN YOUR COMMUNITY TO LEARN MORE ABOUT THE TEACHINGS NIBI OFFERS.





© Redworks Photography, Nadya Kwandibens

Giizhik Aniibiish ~ Cedar Tea

2 cups freshly picked giizhik (cedar)

4 cups nibi (water)

Directions

- Bring water and cedar to a boil in a medium-sized pot.
- Let gently boil for about 10 minutes
- (the water will turn golden in colour).
- Strain the tea through a cloth, and pour into a jar or teapot.
- Pour, breathe in, and enjoy!

Drink no more than one cup a day

Recipe adapted from Aboriginal Nutrition Network 2017-18 calendar



GIIZHIK (CEDAR) IS A SACRED MEDICINE THAT PURIFIES AND PROMOTES CALM AND POSITIVE ENERGY.



WE GIVE THANKS ~ MIIGWECH TO CREATOR FOR THE FOODS AND MEDICINES THE LAND PROVIDES. YOU CAN ALSO LAY ASEMAA (TOBACCO) IN THANKS FOR GIIZHIK.



GIIZHIK IS HIGH IN VITAMIN C. VITAMIN C HELPS TO KEEP OUR IMMUNE SYSTEMS HEALTHY AND TO PREVENT INFECTION.



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Drink the **Rainbow!**

Family-friendly Recipes for Fruit-infused Nibi

Citrus Blend

1 orange, thinly sliced

1 lime, thinly sliced

½ a lemon, thinly sliced

2L of water, add ice

Blueberry Orange

2 oranges, thinly sliced

A handful of blueberries or raspberries

2L of water, add ice

Watermelon, Cucumber, Strawberry

1 cup of watermelon, sliced or chopped

1 cup of cucumbers, sliced or chopped

Add some chopped mint if you like

2L of water, add ice

Directions for ALL recipes:

Combine and stir ingredients in a water pitcher.

Tastes best after 2-4 hours, or refrigerated overnight if possible.

Recipes from: <http://www.healthykidsjax.ca/2017/02/four-flavourful-fruit-infused-water-recipes/>



MASHKIKIWAN MIIJIM ~ FOOD IS MEDICINE

MIINAN (BLUEBERRIES)

Berry picking is healing. It keeps us active and connected to the land!



**What gifts do
miinan share?**

-  MIINAN TEACH PATIENCE & CARING, & CAN HELP BRING BALANCE TO OUR LIVES.
-  MIINAN ARE FULL OF FIBRE & ANTIOXIDANTS.
-  MIINAN CAN BE EATEN FRESH, DRIED, OR MIXED WITH WILD MEAT, DEER OR MOOSE FAT, OR MANOOMIN.
-  IT IS IMPORTANT TO OFFER THANKS ~ MIIGWECH & PLACE ASEMAA (TOBACCO) WHERE MIINAN ARE HARVESTED.



OUR KNOWLEDGE & FOODS ARE MEDICINE



SWEET WILD RICE DISH

INGREDIENTS

- 1 CUP WILD RICE, UNCOOKED
- 1/4 CUP DRIED CRANBERRIES
- 1 CUP FRESH BERRIES
- 1/3 CUP MAPLE SYRUP
- 1 TSP CINNAMON

DIRECTIONS

1. ADD 1 CUP OF WILD RICE, 2 ½ CUPS OF WATER, AND ¼ CUP OF DRIED CRANBERRIES TO A POT.
2. SIMMER ON MEDIUM LOW HEAT UNTIL WATER IS GONE (ABOUT 45 MINUTES).
3. REMOVE FROM HEAT. MIX IN FRESH BERRIES, MAPLE SYRUP, AND TOP WITH CINNAMON.
4. ENJOY!



RECIPE ADAPTED FROM INDIGIKITCHEN
<https://www.indigikitchen.com/potawatomi-berry-rice/>



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MASHKIKIWAN MIIJIM ~ FOOD IS MEDICINE

MISKOMINAN (RASPBERRIES)

Berry picking is healing. It keeps us active and connected to the land!



What gifts do
miskominan
share?



THE RASPBERRY MOON ~ MISKOMINI GIIZIS IS A TIME TO LEARN GENTLENESS & KINDNESS. IT IS ALSO A TIME TO GAIN KNOWLEDGE ABOUT RAISING OUR FAMILIES.



IT IS IMPORTANT TO OFFER THANKS ~ MIIGWECH TO THE MISKOMINAN PLANT WHEN WE ENJOY IT. PLACE TOBACCO WHERE YOU HARVEST.



OUR KNOWLEDGE & FOODS ARE MEDICINE



 TRY ADDING MISKOMINAN TO FLAVOUR YOUR WATER, OR ENJOY IT AS A HOT TEA.

 MISKOMINAN ARE FULL OF FIBRE, ANTIOXIDANTS, AND ARE LOW IN SUGAR.

 ENJOY FRESH OR FROZEN BERRIES AS A SNACK, OR TRY ADDING THEM TO SALAD OR OATMEAL.



MASHKIKIWAN MIIJIM ~ FOOD IS MEDICINE

MANOOMIN (WILD RICE)

Manoomin is a type of grass that grows on the water. Its name means "good berry".



What gifts does
manoomin share?

MANOOMIN IS A WHOLE GRAIN & AN ESSENTIAL SOURCE OF NUTRIENTS. IT IS RICH IN MAGNESIUM, IRON, NIACIN, AND VITAMINS B & E.

MANOOMIN IS A GOOD SOURCE OF PROTEIN & FIBRE THAT IS EASILY DIGESTIBLE. IT HELPS YOU FEEL FULL LONGER.

IT IS IMPORTANT TO ALWAYS OFFER THANKS ~
MIIGWICH AND RESPECT TO MANOOMIN.



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OUR KNOWLEDGE & FOODS ARE MEDICINE



MANOOMIN IS USUALLY HARVESTED BY BOAT & STICK IN LATE AUGUST OR EARLY SEPTEMBER.



MANOOMIN GROWS NEAR THE SHORES OF SHALLOW, SLOW MOVING WATER BODIES. IT IS INDIGENOUS TO THE CENTRAL REGIONS OF TURTLE ISLAND.



MANOOMIN CAN BE ENJOYED IN MANY WAYS! TRY IT IN CASSEROLES, SOUPS, WITH WILD GAME, OR IN DESSERTS.



ISKATEWIZAAGEGAN 39 PRODUCES GRANOLA BARS MADE FROM POPPED WILD RICE.



POPPED WILD RICE RECIPE



INGREDIENTS

- 1/2 CUP WILD RICE, DRY & UNCOOKED (THE RICE NEEDS TO BE COMPLETELY DRY OR THE OIL WILL SPLATTER OUT OF THE PAN)
- 1/2 CUP HIGH TEMPERATURE COOKING OIL OR FAT FROM WILD GAME

DIRECTIONS

1. POUR OIL INTO A HEAVY-BOTTOMED SAUCEPAN AND HEAT ON MEDIUM-HIGH FOR ABOUT 10 MINUTES (UNTIL OIL IS ABOUT 425°F). ADJUST HEAT AS NEEDED. OIL WILL BE VERY HOT.
2. IN BATCHES OF ABOUT 1 TBSP (OR A SMALL HANDFUL) AT A TIME, PLACE RICE IN A METAL MESH STRAINER. DIP STRAINER IN THE HOT OIL AND LET THE RICE PUFF FOR ABOUT 45 SECONDS.
3. REMOVE STRAINER WITH POPPED RICE AND POUR POPPED RICE ONTO A PLATE LINED WITH PAPER TOWEL.
4. WORK IN BATCHES UNTIL ALL RICE IS POPPED.
5. ALLOW TO COOL. ENJOY!



***ALLOW OIL TO COOL COMPLETELY BEFORE DISPOSING IT.

RECIPE ADAPATED FROM GLIFWC:
<http://www.carolinewallis.com/Manoomin/Pages/Nutrition.php/>



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MASHKIKIWAN MIIJIM ~ FOOD IS MEDICINE

GIIGOO (FISH)

Giigoo provide an important food source, and nets can be set throughout the year.



What gifts do
giigoo share?

 GIIGOO (FISH) CONTAIN OMEGA-3 FATTY ACIDS WHICH HELP BRAIN, EYE, & NERVE DEVELOPMENT AND FUNCTION.

 OMEGA-3 FATTY ACIDS CAN HELP LOWER CHOLESTEROL, BLOOD PRESSURE & INFLAMMATION IN THE BODY. THIS HELPS LOWER THE RISK OF HEART DISEASE.

 FISH HEADS AND BONE BROTH ARE GREAT SOURCES OF CALCIUM. CALCIUM HELPS TO KEEP BONES AND TEETH STRONG.



OUR KNOWLEDGE & FOODS ARE MEDICINE



MANOOMIN-CRUSTED OGAA (WALLEYE) WITH CRUSHED JUNIPER BERRIES

*Photo by Mette Nielsen. From The Sioux
Chef's Indigenous Kitchen by Sean
Sherman with Beth Dooley*

GIIGOO MEAT, HEADS, & EGGS ARE FULL OF PROTEIN AND VITAMIN B.
PROTEIN HELPS REPAIR OUR MUSCLES, SKIN, & BLOOD.

THE WATERS PROVIDE MANY NOURISHING GIIGOO:

- OGAA – WALLEYE
- NAME – STURGEON
- NIBAGADAASHI – CRAPPIE
- KINOZHE – JACKFISH
- NAMEBIN – SUCKER
- ATIKAMEG – WHITEFISH
- NAMEGOS – TROUT



MASHKIKIWAN MIIJIM ~ FOOD IS MEDICINE

BAGWAJ-WIIYAASAN (WILD GAME)

Wild game is an important source of lean protein. Getting out on the land helps keep us healthy.



What gifts do lean proteins offer?

WILD GAME (LEAN PROTEINS) ARE LOW IN SATURATED FAT. THEY ARE AN EXCELLENT SOURCE OF PROTEIN, IRON, AND VITAMIN B12.

LEAN MEATS ARE A GOOD HEART-HEALTHY CHOICE.

PROTEIN HELPS US BUILD & REPAIR BODY TISSUES & GIVES US ENERGY. ASK THE WNHAC TEAM HOW MUCH PROTEIN IS RIGHT FOR YOUR BODY.



OUR KNOWLEDGE & FOODS ARE MEDICINE



THE LAND & ANIMALS
PROVIDE NOURISHMENT:

WAWASHKESHI – DEER

MOONZ – MOOSE

WAABOOZ – RABBIT

AMIK – BEAVER

PINE – PARTRIDGE

MISISE – WILD TURKEY



DEER MEAT (VENISON) HAS MORE PROTEIN THAN ANY OTHER MEAT.
GROUND BEEF HAS 1.5X MORE CALORIES & 4X THE FAT OF GROUND
VENISON.

RABBIT MEAT CAN BE BAKED, BOILED, ROASTED OR STEWED.

IT IS IMPORTANT TO OFFER ASEMAA (TOBACCO) & THANKS ~ MIIGWECH
FOR THE ANIMALS WE ARE GIFTED.



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BREASTFEEDING

Breastfeeding is the first traditional food and medicine. The first food is breast milk. It is free and healthy, and it is the only food your baby needs for the first 6 months of life. Breast milk has antibodies that can help your baby to fight off infection.

Talk to other parents, Elders and family members about breastfeeding. Family members can encourage and support the mother when she is breastfeeding, by making sure she has healthy food and help around the home.

Health promoters can share The Creator's Gift to Mothers video with new or expecting moms. The video offers information about the benefits of breastfeeding; health benefits to mom and baby; alcohol and substance use while breastfeeding; smoking and breastfeeding.

The Creator's Gift to Mothers <https://www.youtube.com/watch?v=rkaxLGI5WBw>

Breastfeeding has benefits for the mother:

- It helps control bleeding after the baby is born.
- It protects against some cancers.
- It reduces the need to buy and measure formula, sterilize nipples, or warm bottles.
- It saves time and money.
- It gives you regular time to relax quietly with your newborn and bond.
- It can help in achieving a healthy body weight after pregnancy.
- It can reduce the risk of developing Type 2 diabetes and other chronic diseases.

Breastfeeding has benefits for the baby:

- Babies eat when they are hungry without waiting.
- Babies are more likely to stop when they have had enough.
- It lowers the risk of ear, chest and stomach infections.
- It lowers the risk of Sudden Infant Death Syndrome (SIDS).
- It lowers the risk of obesity.
- It helps promote healthy brain development.
- It helps with jaw and tooth development.
- It can decrease the risk of Type 1 and 2 diabetes in future generations.

Source: The National Collaborating Centre for Aboriginal Health (NCCA) and First Nations Health Authority (FNHA), Growing Up Healthy resource booklet (p.14)



ODIBAAJIMAWAD MIJIM ~ FOOD STORIES

Use this space to share local food stories from community. For example, interviews with Food Champions.



References used to inform the resources in this booklet:

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CHI-MIIGWECH TO EVERYONE WHO CONTRIBUTED TO DEVELOPING THIS RESOURCE

Sarah Mandamin

Sandra Mandamin

Gwen Redsky

Elaine Ross

Melissa Bunting

Stanford Tom

Marvin McDonald

Jim Green

Patricia Green

Ida Skead

Becky Hailstone

Megan Wesley

Laura Henry

Allesen Skead

Jennifer Hulmes

Barb Holmstrom

Sonya Seymour

Liza Jane White

Ken Nash

Stacey Hawes

Jan Greenfeather King

Chantal Sutherland

Serena Joseph

Kate Ronnebeck

Waasegiizhig Nanaandawe'iyewigamig

Resources created in collaboration with Meeting Ground Consulting



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