

Report to the Nunavut Food Security Coalition

March 2021



Table of Contents

Introduction, p.3
Research Activities, p.4
Results of a Review of Community Promising Practices, p.7
Results of a Community Engagement Process, p.11
Results of a Food Security Survey, p.21
Indicators of Availability, Accessibility, Quality, Use, p.23
Recommendations Arising from the Research, p.43

APPENDIX A

NFSC Facebook Introduction to community profiles, p.48
Community Profiles, p.49

APPENDIX B

Community Engagement Radio Announcement, p.68
Community Engagement Poster, p.70
Food Security Survey, p.71
Food Survey Community Response Data, p.80
Food Survey On-line Response Data, p.85

Introduction

In the initial report *A Review of Current Literature Pertaining to the Core Themes for the Nunavut Food Security Strategy 2014-2016*, March 2020, the first key theme identified as emerging from the literature was that of using a food sovereignty approach to work being undertaken in Nunavut¹. It should be understood that a food sovereignty focus is grounded in the rights of people to have control over what they eat and how they secure food. It assumes that this control is established at the community/personal level and that through its application food solutions are collectively identified. It is for this reason that the Nunavut Food Security Coalition (NFSC) identified as central to their review identification of promising practices contributing to food security currently available in Nunavut communities and also a comprehensive survey process to engage and give voice to the concerns and ideas that people in those communities have regarding this issue.

This was identified in the second key theme of community-driven solutions². In that theme the importance of building self-reliance and sustainable food self-sufficiency were attributed to a community-initiated program approach. The engagement of local stakeholders as change agents in the delivery of programs was recognized as critical. A third key theme of promoting access to local foods³ as the most economically viable solution for any community wished to establish food self-reliance was also identified. The fourth and final theme emerging from the literature was that any programming of this kind must occur within a framework of support made available to communities by government and other agencies⁴.

Although there was a full year interval between these two reports, owing to restrictions during the COVID-19 outbreak. It is interesting to note, the key themes identified in the literature review were sustained as themes in the community engagement process. These themes were also clearly supported in the survey results. It is expected that from these two reports, a reasonably clear path of action for the NFSC will become evident. Since it is important to consider both reports together, they are both being linked in this publication.

Research Activities

The community engagement process of the research identified two sets of activities. The first was to review promising practices that were currently being delivered in communities. A list of know programs was provided for this purpose and the community leads for those programs were interviewed. It was decided that one program should be highlighted and described under each of the 6 theme areas that the NFSC strategy 2014-2016 was attempting to promote.



The highlighted programs were presented as community profiles that appeared in 4 languages on the NFSC Facebook page. (They have yet to be loaded onto the NFSC website.) Interviews

were conducted with the Qajuqturvik Food Centre, GreenIglu, Aqqiumavvik Society, Ilisaqsavik Society, Inukshuk Grown Lunches, NTI Hunter Support Program, Ilitaqsiniq Niqisialiurniq Program, Cambridge Bay Wellness Centre, ArcticFresh, Baker Lake Niqitisavut Project, Iqaluit Greenhouse and the Income Assistance Program. From these programs 10 community profiles were developed and posted. There were two profiles written for the Policy & Legislation theme which were not posted by Family Services. (Community Profiles are available in Appendix A.) The community profiles represent the 6 NFSC themes in this way:

- Country Food: Aqqiumavvik Society & Baker Lake Niqisialiurniq
- Store-bought Food: Qajuqturvik Food Centre & ArcticFresh
- Local Food Production: GreenIglu & Iqaluit Greenhouse
- Life Skills: Inukshuk Grown Lunches & Ilitaqsiniq Niqisialiurniq
- Community Initiatives: Cambridge Bay Wellness Centre & Ilisaqsavik Society
- Policy & Legislation: NTI Hunter Support Program & Family Services Income Assistance Program

We also attempted to have CBC Kivalliq promote the publication of these profiles with interviews to be aired across a week of programming to highlight food security in March Nutrition Month. Although only 3 of the 5 interviews took place, the profiles were loaded and are available on NFSC Facebook. The first interview which CBC did cover was with Joe Karetak and included discussions about the Inuit metabolism, which responds mainly to proteins and fats, and the health impacts that we are now seeing with a transitional diet that consists mainly of processed carbohydrates. The second interview was with Kukik Baker who highlighted the Ujjiqsuiniq Young Hunters Program and community uptake of that program, especially from youth who would not necessarily have the opportunity to learn about Inuit Qaujimagatuqangit values and beliefs around respectful harvesting and the land skills required to harvest sustainably. The third interview was with Kelly Lindell who described a cooking training project offered by Ilitaqsiniq Nunavut Literacy Council that focused on providing nutritional and basic cooking information as well as building employment skills for some participants that could lead to jobs in culinary services.

The second activity to be undertaken was to launch both a face-to-face and an on-line survey in order to gather responses and ideas directly from Nunavummiut about their own experiences with food security and to encourage and gather their ideas about where the NFSC should focus their attention in a future strategy. In selected communities the survey information was advertised using community radio and posters. It was hoped that each community would collect 20 surveys for a total sample of 200. This aspect of the research was interrupted significantly by COVID-19 restrictions and caused a halt to the survey work of several months. By the time we were permitted to begin survey work, two communities decided not to support survey taking as by this time COVID -19 was already active. Survey work did take place in Coral Harbour/Repulse Bay, Baker Lake, Rankin Inlet, Arviat, Gjoa Haven, Iqaluit and Pond Inlet. A total of 148 surveys were returned. Every community completed 20 surveys except Pond Inlet where 9 surveys were returned, Iqaluit where 18 were returned and Baker Lake where 18 surveys were returned. In Arviat, we were able to collect a total of 43 surveys.

The results of the surveys were very consistent in a number of theme areas, especially with regards to country foods. The results can provide clear direction for the NFSC specifically with regards to how Nunavummiut who responded would like to see NFSC supporting access to country foods. There was also consistency in concern about high costs of foods in stores and the difficulty in accessing store-bought foods that were nutritious and the quality of the condition of fresh foods. Again, there was consistency in some of the recommendation made about stores. Unfortunately, there was very little feedback on the Nutrition North initiative. Perhaps it is viewed as too complex and arrangement, but there were responses regarding transportation costs and alternatives to reliance of store applied subsidies. There were some responses about local food production that supported greenhouse operations and the development of local food initiatives. There were also significant responses supporting the need for information and training in the areas of nutrition, budgeting, healthy food preparation and training youth. The administration of food banks was a concern that was consistently raised, and several recommendations were made about how these programs should be improved. In terms of ideas for improvements in legislation and policy, both the NTI Hunter Support Program, an increased and formalized role for Hunters and Trappers' Organizations, and for new supports through Income Assistance were all identified. Detailed survey results are provided later in this report.

Results of a Review of Community Promising Practices

There were ten community programs identified for in-depth interviews concerning their specific approaches to food security and the impacts they felt their programs were making in each of their communities. Following the interview, a short profile of each program was developed. These were shared with the interviewees who provided edits, photographs and validated the content. The profiles were then provided to Family Services who facilitated the translation of each profile into French, Inuktitut and Innuinaqtun. Profiles were posted on the NFSC Facebook page in all 4 languages and are available in Appendix A.

There was also an interview completed with Family Services Income Support and Nunavut Tuungavik Hunter Support Program. These profiles did not receive translations and were not made available on Facebook. It is important to note, however, that both programs have completed extensive reviews and made many significant changes to their programs which enhance supports to community members struggling with food insecurity.

It is clear from the community profiles that there is a great deal of interest and innovative response to the issue of food security across Nunavut. Half of the community programs had a strong focus on the provision and improved access to healthy country foods. Six of the ten programs also had a focus on local food production. Training and preparation of foods featured as a core activity in seven of the programs as did alternatives to reliance on store-bought foods. Perhaps the most innovative example of an alternative to reliance on large retail stores is the program offered by ArcticFresh of a social enterprise to bring bulk foods and country foods to communities through a community store initiative. Their experiences should be closely reviewed because the roadblocks which they have had to address in developing their initiative point to areas where legislations and policy changes could assist local community development of food sovereignty and food security initiatives.

In the program interviews, there were a number of challenges identified by programs that they wish to see addressed. It will be important to consider these concerns moving forward if strong food security initiatives such as these are to continue to be offered going forward.

Support for infrastructure

Almost every community initiative commented on the difficulty in securing space for their programs. Nunavut has very little infrastructure available to community programs which are not affiliated directly with the Hamlets of GN. The lack of dedicated spaces for community kitchens, wellness centres, skills training programs and hunter support programs often creates interruptions in programming or an inability to continue programming that has been shown to be effective and popular. Community groups would like to see:

- Giving priority to community wellness programs for unused or decommissioned GN facilities
- Creating funding opportunities for capital development to support proven and trusted community programs
- Identification of the need for spaces that address food security to be made available in every community such as community freezers, community kitchen facilities, butchering/food processing facilities, food banks, sewing centres, community shop facilities, cultural skill centres
- Recognition of proven community programs to receive priority funding and supports from infrastructure development projects, perhaps linked to new facilities identified in existing GN facility development plans – linked to new schools, new community halls, shared spaces with offices etc.
- Recognition of the role land-based camps contribute to programs and funding to assist these operations

Recognition of the need for core funding

Again, almost every program identified the lack of core funding as a major disruption to programming efforts and as a distraction that occupied inordinate amounts of staff time. It was stipulated that these community organizations are often providing training for individuals in a variety of areas. They provide the first jobs, build skill levels and competence, train in multidisciplinary ways and help to establish the reputations of good workers. However, since they are generally funded through short-term grants, their employees have little or no job security and are often lured away by other organizations which can provide stability, benefits and higher incomes. Community wellness organizations are most significantly impacted, including organizations such as Ilitaqsiniq which is territorial in scope. Many of these organizations operate a number of diverse and successful programs that very positively impact communities, but receive no on-going financial supports from communities or the GN. Their programs are addressing essential needs such as healing/mental health, employment/skill building, training in multiple areas, family supports, food security/nutrition and wellbeing. Some organization have effectively established themselves as social enterprises in order to provide security for their activities. ArcticFresh and Ilisaqsavik are key examples of this. Having established this kind of security for their operations, they have been able to diversify and expand programming significantly. It should become a priority for the GN to assist community groups in establishing this kind of secure operation so that other community wellness operations can also establish themselves and be freed up to do what they are most effective in doing – innovative programming which builds community capacity, resilience and wellbeing. This requires:

- Recognition for community groups who have capacity and have demonstrated effective, innovation responses to community needs
- Provision of direct support for development of sustainability planning and a business operation that can provide security for programs and employment
- 5-year core funding programs to assist community groups to establish themselves and work towards the sustainability plan
- Links to GN programs that can offer additional supports – economic development, community planning, public/mental health, family services, cultural programming, education/training

Coordination of efforts across a community

Many organizations reported that they are so immersed in their own operations and in trying to address the multiplicity of wellness issues in their communities, that they do not have the chance to liaise with other groups or even become aware of other initiatives that they could benefit from. It was felt that somewhere in the GN there should be responsibility to provide coordination of all the excellent efforts being made. In terms of many of the programs which were identified, food security is a common issue, but there are also additional programs provided by these organizations which reach beyond the purview of the NFSC. It was suggested:

- Promotion and sharing of promising practices and programs become far more visible and a core responsibility within the GN, widely circulated and publicized territorially
- That within a community a role for supportive coordination of efforts become a core role for someone – suggestions included Family Services staff or the Economic Development Officers
- That recognition be given to the need for all territorial programs to wrap support around initiatives/organizations that have demonstrated a track record of excellence and provide the best option moving forward to build continued community strength

Promotion/recognition of programs to help leverage support

It was felt that the GN could do more to provide recognition of quality programs that are meeting needs and to assist these programs in leverage funding supports beyond what is presently available through the GN. There is also a need for some of the programs to link to organizations that can recognize skills being provided or provide certification for the products being delivered. Some examples include:

- Identification of skill sets obtained through community programs that can be recognized by Nunavut Arctic College or other training options (Income Assistance, Career Development)
- Approvals for product quality for local produce from greenhouses and also for country foods which are locally processed to build consumer confidence
- Supports to local production initiatives to expand into new areas of production such as aquaponics and egg production for greenhouse operations, fish and meat processing operations – developing product promotions and establishing standards
- Involvement of Nunavut Health in supporting local production efforts and securing food safety standards are being met; also, in making local products available to GN institutions such as schools, Elder Centres, early childcare centre etc.

Results of a Community Engagement Process

In the 2014-2016 NFSC strategy there were three main cause of food security identified. The tensions of unemployment, lack of income and high costs associated with accessing food underpin much of the community engagement work. It will be important, going forward, to maintain a strong focus on the importance of training and developing skills around food provisions to offset the struggles of income limitations. There is also an important opportunity to consider how to provide employment opportunities to those who have these skills in order to improve the food insecurity picture in Nunavut.



The main causes of food insecurity are:
unemployment, low income, and high
food costs.

Promoting Country Foods

In several of the community engagement interviews, the opportunity missed for improved income/employment was identified. Six of the respondents commented that the failure to recognize harvesting as an employment opportunity as a deterrent to improving food security. Recognition of harvesting as a profession will provide employment opportunities, raise income levels and also address food costs, assuming that local food production is the most cost effective and healthiest option for Nunavummiut. Ilisaqsavik piloted a program where hunters were employed to provide food to the community. This was reported to be very successful and had positive impacts across the community. It raised the value of the role of a harvester and increased their capacity. ArcticFresh is experimenting with similar approaches. They subsidize a harvester in a 50-50 agreement where half of the harvest is provided back to the community store while the hunter receives support which enables them to finance their hunting trip.

The Aqqiumavvik programs promote the training of harvesters and the role a hunter has in providing food for the common good. Much of the work done by Aqqiumavvik has focused on

the tension which exists for Arviarmiut around this role and the sale of country food which is seen to undermine the relationship between a hunter and those they provide for.

A hunter needs money in order to be able to hunt – gas money, bullets, equipment. Selling some of the meat is a way to keep on being able to go hunting, especially for those who are not in fulltime jobs.

I was advised that if I was to sell of my catches, I would run into bad luck. If I was to catch a caribou, I should see it is as a free gift. Based on that I would give away the meat to someone who needs it more than me. Sometimes as a hunter you think of the advice from long ago – that if you are to put a price on what you catch, the price on that meat will give you bad luck in future hunting trips.

We should be living by our Inuit values and beliefs. To follow exactly as we were told by our ancestors. This is advice I heard from my late in-law and father. However, I just want to say that I now agree with sales of traditional meats as everything costs money now and we are living in the modern days.

At the same time that Aqqiumavvik is initiating these discussions, they provide a skills program directed at enhancing employability skills and in niche skill development, providing participants with the ability to use the skills gained for income improvement purposes. Many of the workshops focus on land/cultural skills. The discussions about harvesting and sharing or selling food are important to have at the community level. In order to move forward with considerations about provision of country foods. There need to be comprehensive community consultations and some clearly emerging guidelines on which communities can build initiatives suitable for their situation. Initiating these kinds of discussions should be viewed as a first step in the development of any comprehensive strategy for addressing improved access to country foods. Across almost every community program, the access to healthy country foods was identified as a priority and also the most effective way to quickly increase employment for harvesters, raise incomes and provide healthy foods at reasonable costs. Accessing country foods should be viewed as the most desirable strategic investment for Nunavummiut because it builds back the capacity of Inuit to always provide for themselves using the local resources. It also recognizes the high priority that Nunavummiut place on these foods to support healthy nutrition and restore a self-reliant economy.

Greenhouses

Another concern emerging from the community engagement process was needed support for emerging technologies. Greenhouses are proving to be successful ventures, but they receive no support to enhance operations. Heating costs in the north are the greatest barrier. Although the GreenIglu operations are hamlet-run, they cannot access any heat return options which

might allow them to produce through the winter months. No greenhouse operations in Nunavut are able to operate more than 4-5 months of the year. This is an enormous loss to productivity and access to healthy local produce. Some community organizations have tried to promote ways to reduce food costs through big scale changes to infrastructure such as incineration plants that could provide recaptured heat to food production facilities, allowing composting operations to be housed through the winter in GN buildings, adding green grow sites to new buildings such as roof greenhouses/gardens.

Where there is space, some community programs include small grow operations with their programs. The produce is limited to supplying the community program operations and generally does not provide any surplus for community use. This increases limitations to teaching people how to use produce in their meal planning and cooking. Often what is grown in a small green space may look very different from what is obtainable in the stores.

Those organizations which delivered formal greenhouse services, also indicated a desire to enhance local production through looking at the potential for aquaculture – farming fish in the hydroponic tanks, and in egg production through hatcheries attached to greenhouses. These innovative approaches should be formally investigated and supported through pilot initiatives to assess their viability as food security investments.

Focus on Training

Community organizations all identified a focus on some levels of training. Most often training for land/harvesting expertise was identified, training for food production was the next most prevalent aspect, followed by training in specific skill areas which could lead to employment. Training in areas of budgeting, life skills and nutrition were available in many of the programs. Although this training is often highly sought, there is not recognition for participants who successfully complete these training programs. It was felt that there should be a much stronger link to these training initiatives with Income Assistance and Career Development in order to assist community members in using these training opportunities to begin to create a path for themselves towards self-reliance and/or employment. Again, the community organizations are providing an important service that is becoming lost. Potentially, these initial programs are the ones that engage participants in meaningful enterprise and learning and help them to address personal issues to improve their outcomes. When there is not link to further opportunities, the path to potential employment or even giving back to one's community (pigitisniq) is missed.

Radio Shows

As part of the community engagement process a series of 5 CBC Kivalliq radio shows were proposed. Although only 3 of these programs were aired, communities where surveys were being conducted were encouraged to hold radio shows to promote the survey uptake. These promotions did occur in several communities however formal documentation of any responses did not occur. In Arviat, which was under COVID lockdown for 5 full months, community radio was being regularly and avidly accessed. The following are a selection of responses from radio call-in participants (which were audio taped, transcribed and translated) organized under some

of the theme topics that emerged. They are being provided her for additional information and to help build a bigger picture of some of the salient food security concerns for communities.

Training Young Hunters

I encourage these hunters to ask young adults to join them. The feeling of helplessness and being unproductive, without any means, is a very heavy feeling inside and I've felt it before. It's a great feeling inside when someone finally asks if you want to join hunting trips. This is especially true to young boys who were raised by single mothers. Without a father figure around to teach you, it's a hard life to live as I lived it myself. I was raised by my mother alone, without my biological father's help, and it was a harsh life. So, the single mother or even single fathers who raise their kids alone, should be helped and encouraged too. I've lived this kind of life and was always envious of people who had the means to go hunting or had a father figure to teach them the ways of survival. There are so many youths, young adults that are around to ask. I know they are quiet about wanting to go, but they do have that ambition like I did.

When they teach you by showing the skills required, you will not forget how it was done. They can teach you what part of the meat is good and how to cut it out. You can teach how to cut out the legs using the ball joints. They can learn by watching and participating in the cutting up of the caribou carcass. And also teach them that if properly cached under the ground, it will become good meat in the months ahead. That is how I was taught. I think most people learn by watching and trying on own.

Young Hunters program -- they are very good at what they do and are good role models as youth. The Young Hunters work with well-known hunters who know the area. They are learning new skills as they hunt.

Sustainability Issues

Wastage-

Niqautiit is important to consider because there is a lot of expertise and knowledge in how we prepare and preserve food. People need to share this information so that there is understanding about how to use the delicacies which incorporate all parts of the animals. Hunters are often wasting organ meats, stomachs when they could bring these parts back to those who really enjoy them. There is going to be a consequence for this wastage because it is a very strong Inuit belief that there is a Protector for everything, and we are to harvest respectfully – not wasting and not over-harvesting.

Wasting can also happen when we do not have proper training. Young people are being allowed to harvest animals when they don't know what to look for, how to properly harvest from a group, how to leave a kill site intact.

Just recently I started seeing caribou meat wasted at the dumps. I saw caribou heads, legs and the ribcages being thrown away. It gave me tears when I saw them on the ground. Every part of the caribou can be a meal. It would be very useful instead to ask if anyone wants meat rather than wasting it. It is still a traditional meal. Don't throw away meat as there is internet now that can post about such things. They can now post about the things they have leftover such as the broth of the caribou stew. People should not throw away any of the meats, and I feel that I'm talking too long now.

I see that some hunters kill caribou and just check to see if they have fat on the body, take out the tongue and leave the carcass behind. I think that people who just leave behind their leftover meat is the cause of disruption of the herd. The caribou herds see, along the migration routes, carcasses left on the land and it affects how they go through that certain area. They sense danger when they see dead caribou carcasses. I'm asking please, to take good care of the leftover meat and bones. When you are done cutting up don't just leave the remaining body parts for the caribou to see. If you don't want the meat after catching the caribou, give it away to someone who needs the meat. Or give it to people who are in touch with elders and people who are asking for caribou meat. If you respect the herds, it will respect you back while on your hunting trips. These are Inuit values that we have followed for years.

It is a good feeling when someone brings in meat for free but the youth we have now, without the skills we grew up with, they don't bring in the delicacies we are used to. They bring in big parts of the caribou instead. They now leave out the parts we relished on such as the intestines, the bone marrow, the intestinal sac we use to render oils and blubber. These are the parts we as elders, are looking. We should be encouraging the youth to bring in the whole caribou carcass.

I myself didn't have a clue about food preparation and when I was finally taught the proper way of cutting up meat and preserving it made a huge difference. I didn't know that the caribou was cut up using the bone joints. If you cut it up properly it is good meat. This is what I've learned. I was also taught how to cook caribou legs and feet in a big pot. It's the bone that makes difference. How you cut up the meat and scrape off the meat from the feet and legs, are how they prepared for cooking. It's how you take it apart that makes a difference. If these things are taught there is less wastage of really good parts of the meat.

Often we bring back more meat than we need for our families because, as hunters, we are obliged to provide for others. We like to share this with people in the community. Sometimes people go on the CB and say they need meat and then when we are hunting that person will be on our minds and so we can meet their needs. Other times, we may have a surplus and are not sure who needs it most, so we go on the radio to say there is meat for pick-up. It might be helpful to have a process in the community that hunters can use in this case such as a drop off

point like the HTO who can share it out or a country food market where the meat can be packaged and distributed at a reasonable cost.

It would be good to share with those asking for meat and who cannot afford the transportation for hunting purposes. I think the meat they give away should be free as well. Some people are very grateful even if it is a small piece of meat. For my household, if we do have any meat, we try to let people pick up what they need outside of our house. Sometimes we bring fish meals to those who ask. These are some of the ways we try to share when we have it. Instead of having to bring it to a family, we can ask them to pick up what amount of meat they want. These are animals and should not have a price when being picked up as meat packages. You can bring the meat to the local freezer for storing and save the meat parts. The person might be asking by CB or local radio, asking for small piece of meat. They are very grateful people -- those who don't have the transportation, gear or means of hunting, even if you give them a small piece of caribou meat. I just wanted to share my encouragement about this.

A woman shared that during the time when they didn't have anything to eat in the house, she saw a dog tied up outside that was eating caribou meat. She had taken the meat from the dog to feed her family. These are things we always need to consider.

Self-reliance

It is surprising that so many people are using food banks and are always out of food when there is always game to be caught around our communities. We need to ask why people are sitting around not providing for their families when there are so many opportunities available to them. This is a result of policies promoting colonial dependence and the welfare system. We need to change expectations for our families so that self-reliance is a standard for Inuit again.

There are a lot of people who don't have an ATV Honda, skidoo, boat or canoe. I once heard an old man, who said that he has collected money for many years, but while he was saving up, his family members would ask for money, and he gave all he saved. There was a time he was asked if he had money to spare, and he replied that he has been trying to save up for a long time to buy a canoe. I don't have any more money as it was all spent. I don't have anymore savings. You were all demanding money to spend it when I tried to save it and now that its gone, so now you are in charge of finances. He said this so that they can understand how difficult it is. When the young people understood what he meant, they started to leave him alone financially and began helping by saving their own money. So please advise and teach your children how to properly spend and find things that will help them in the future such as having transportation for their own use. If you are trying to save up money to purchase a large item, tell your family, so they know what you are trying to do.

According to how I was raised, I cannot just ask to get meat from others; I wasn't raised that way. I was raised to provide for myself and my family. If I really do want the item, I'll ask to pay for it. I can ask others to pay for the meat, but I will not let my requests go outside of the family ring. I'd hesitate to ask others for meat. That is the value that my family was taught, I'm not talking about any other household's way of living.

Community Harvests

This has been on my mind too for a long time, for those who don't have the means of transportation for hunting. Although we know how to cut up the caribou carcass and make them into smaller pieces. I've also heard about funding and how they can ask for support from these programs. I don't really understand about the process, but I've heard that it helps people. They can use the funding to hire people to go caribou hunting, cut up the carcass into smaller pieces, and setup a place to keep the prepared meat so others can pick up. We've heard so many times about people asking for small piece of meat. So, the idea of looking for funding to hire and teach youth to hunt -- I've always supported this idea. They should send out groups of young adults on a hunting trip with experts -- really qualified hunters to teach them. Even to make it so as the Hunters and Trappers office has a way of having caribou meat for elders. Those men who have the transportation, sleds and hunting gear should be paid to take out young adults and have a place to collect their catch. And the people who are asking for caribou meat can just go pick them up as they should be readily available.

If we could show support to our local Hunters and Trappers' office and help them with the cost of things through sales of country foods. The funds can help the hunters with the parts they need, gasoline, grub and other things they require for hunting. The payments made can be used to purchase the parts they need for their Hondas, skidoo or to fix the sleds. The price of these parts might be too expensive for their household finances and this can help them to be employed as well.

My thought about this program and having hired hunters is a good idea. They can pay a small fee so that it can be used towards extra gas, ammunition or grub materials. It can be used for future gas funds.

When you are the only one to finance the supplies a hunter needs, you have to think about the cost of these hunting supplies. In the past it was cheaper. Now that everything has a cost and keeps rising. I encourage the hunter to decide about his catches. He can sell the meat if he wants or he can give it away to people who need it. That is my thought for now and I'm comfortable with what the hunter decides. The hunters work very hard, and I've seen this for myself, especially in the cold winters. They work really hard to continue the hunting trips in the cold environment. So please women, be careful about how you cut out the meat from the carcass. Us mother, us wives- please be careful not to waste anything when cutting up meat.

Knowing that the hunter worked really hard to take home caribou meat. I've seen this and done it myself.

Meal Planning

Being prepared by what you have available in your kitchen, you can make notes before you go grocery shopping, to buy the ingredients, so you can prepare the full items into the stew. I used to make notes so I won't forget but I don't do that now as I live alone and know what ingredients I might need. This helps me to cutdown on buying items we don't need. If I go to the store without my list of things, I end up buying items just by thinking it's nice to buy it but not as a need. It helps you to be on budget when you have a list of groceries you need. When you go to the store and find that you collected so many items and buying all those, you end up with heavy items to take home, most of what isn't needed. The list also helps you not to forget the item you came for. So, this list of groceries I make helps me with timing and budget. And you buy food items that are going to be good ingredients instead of snacks. These meals you are preparing are much healthier than the food that are offered at the Quick Stop meals. And sometimes it's hard to choose what kinds of meals to prepare based on what is available at the stores. And when you are rushing to buy groceries, you end up buying what is not essential to your ingredients. You are thinking of your children and family members and think that they must be hungry, you want to feed them nutritious meals.

Meat Plants

If we were to open a meat plant in this community, it would be a great help to the residents. It can create some jobs as most of us are unemployed. I think it would be a great idea to start opening a plant of some sort here. But the prices cannot be like the meat plant in Rankin where the food is unobtainable by Inuit. Then what would be the point?

Country Food in Stores

I know we used to sell maktaaq to the Northern Store. The same bag we sold to them would be put into the freezer and sold for 3x the price we got for it. This is never what hunters intended. We want people to be able to purchase good quality food, but they shouldn't be gouged by the prices. Community-run country food stores should be able to keep prices affordable. Today we get country food from the meat/fish plants and the prices are completely unaffordable.

I say this to encourage not to disappoint Inuit so that we can make our meals as delicacies too. They have all kinds of little shops where you can purchase prepared meal items down south. We Inuit don't have that kind of service, so we try to prepare our foods carefully. Those stores offer all kinds of meat such as blocks of meat, beef jerky and other meat items in vacuumed packaging. These are packaged so that the meat doesn't spoil, and that the fat doesn't become oily. If we can prepare the caribou meat into blocks or cubes and have them readily available to eat. We can offer frozen caribou meat, cooked caribou meat, or even all kinds of meals that we normally eat. There is so much opportunity in this kind of thing that we can do -- by thinking of ways of sharing other delicacies such as other meats: tuktu, geese, fish and other animals we eat. We can offer all kinds of traditional meat packages such as tuktu, whale meat slices, fish plates and other fowl delicacies that we enjoy. If we think together, I think, that we can make things happen.

If there are people from other communities asking to buy meat, they can use the local HTO to find what they are looking to buy. I am also comfortable when the purchases come through the local HTO or the Young Hunters Program. Those organizations that already work with expert hunters are able to provide quality meat to other communities at reasonable prices.

Results of a Food Security Survey

The Food Security Survey had disappointing uptake in that the number of completed surveys did not match expectations. The on-line survey received only 4 completions which was extremely disappointing. It was launched at a time when the NFSC had been inactive for many months and although all members were asked to complete the survey and to promote it with their networks, this was obviously not sufficient for a sizeable uptake.

We had hoped for a return of 200 surveys from 10 communities on the Food Security Community Survey. Unfortunately, COVID restrictions delayed the survey process and when we were able to resume it, two communities opted out. We did receive a total of 143 completed surveys from 8 communities: Arviat, Baker Lake, Coral Harbour/Repulse Bay, Gjoa Haven, Iqaluit, Pond Inlet and Rankin Inlet.

The full survey and results for both the on-line and community survey can be found in Appendix B. Generally, survey results focused significantly on access to nutritious and affordable country foods as a priority issue. Survey results also identified that food insecurity affected almost all sectors of Nunavut, but the unemployed were the most directly affected, followed closely by families that were somewhat marginalized – single parent, elders, did not include a hunter.

A high percentage of respondents were aware of community programs directed at food security, most notably food banks (12%). However, the operation of food banks was also highly criticized. It was strongly recommended that food banks be subject to some standards and

formalized not as a community volunteer organization, but rather provided in every community under the auspices of a government program. Family Services Income Assistance was identified by several respondents as the most viable place for this to occur.

Respondents want to see skill building programs such as cooking, sewing, harvesting, butchering, budgeting, and other forms of employment training. A focus on the training aspects of programming links skill development most notably with the NFSC priorities for addressing unemployment, low income and high food costs. The idea of country food stores was also raised in this question and in other survey questions where there is much support for formal harvesting programs, employing expert harvesters, providing local access to country foods and training people in butchering and food preparations. With regards to local food stores, a number of respondents suggested that this could be organized by HTOs who could also take on the role of responding to orders for country foods from other community HTOs and for locally providing produce. A few respondents saw this as a potential social enterprise as long as it was not profit motivated.

Another significant priority area was the provision and training for a food processing operation. The need for a local facility where meat could be processed professionally for families or for resale has over 80% support. There was also high support for a similar operation to process fish.

The food survey results clearly indicated that people are not happy with the local retail stores and the pricing policies. There was a lot of concern that prices were unreliable and fluctuated unpredictably. Many respondents were not happy with the way outdated products are being handled – either sold without big enough discounts or being taken to the dump. It was felt that a process should be set up so that all stores follow a similar process when dealing with these products. Many suggested they should go directly to food banks. There were a number of respondents who felt that the stores should regularly provide incentives and deals for consumers, perhaps in the form of coupons as are used in the south. It was suggested that a percentage of their profits should go back to food banks, breakfast programs, community kitchens or into food give-aways. A few respondents wanted to see food mail restored. One respondent was critical of NNC policies. Potentially the very complex nature and the many misunderstandings around how NNC is applied from store to store resulted in few respondents raising it as an issue. It may well be viewed as one of those policies that Nunavummiut ultimately have very little control over.

A more detailed breakdown on survey responses is available in Appendix B.

Indicators of Availability, Accessibility, Quality, Use

The NFSC in the 2014-16 strategy identified a number of key objectives to be addressed under each of the six core themes. The hope was to provide indicators for each that addressed the Issues of availability, accessibility, quality and use. This section of the report will revisit the six themes with this lens in mind and using the collective information from the review process, identify some indicators which can be useful in moving the NFSC closer to the stated objectives and also suggest the reallocation of this objective to the group(s) best suited to making this happen.

It is also important to consider indicators in the light of food sovereignty and the rights of Inuit to harvest, consume and supply the foods which have always been part of a traditional diet and which have been proven to provide the best health outcomes based on a predisposed Inuit metabolism. This means that access to quality country foods must be a priority across the GN and NFSC. Moving forward with a new strategy there should be a very strong focus on the objectives outlined for country food consumption and the themes which support that access.

Country Foods

1.1 Support harvesters so they can pursue traditional livelihoods **Nunavut Tuungavik Inc**

	Current context	Indicators to pursue
Availability	Hunter support available through NTI and RIOs	Train and task local HTO manager and RIO reps with promoting/supporting these hunter support programs
Accessibility	Funding requires an application process, but one has been much simplified	Respond to feedback on the application process from participants and HTO/RIO staff
Quality	General satisfaction with the program	Build a continual review element into the application process to ensure improvements and strong uptake
Use	Uptake is increasing	Monitor use of the program

1.2 Help ensure that Nunavimmiut who are most vulnerable to food insecurity are able to access country foods **Family Services Income Assistance/HTOs**

	Current context	Indicators to pursue
Availability	Access is limited and determined by informal sharing networks	New approaches being implemented by Income Assistance could have HTO link vulnerable families to expert harvesters through HTOs. IA can support harvesters in providing foods to be distributed either directly to the vulnerable family or through IA
Accessibility	Must have links to a harvester willing to share	Create a formalized funded agreement between IA/HTOs for regular provision

		of food. There may be some possibility of providing food between community HTOs
Quality	Excellent nutritional value when country foods are available	Excellent nutritional value of country foods is more consistently available
Use	Very limited at present	Monitor uptake by IA

1.3 Promote the continuation of informal country food sharing networks **Community harvesting or wellness programs/HTOs**

	Current context	Indicators to pursue
Availability	Informal and largely unidentified	These usually exist within extended family networks. They could be more formally identified in communities. Hunters report that when a person asks for meat over the radio they will make a point of supplying that, even outside of their family network.
Accessibility	Reliant on being connected to a harvester	Increasingly these networks rely on the reciprocity of the receiver to harvester. Sharing for Inuit requires that the receiver show gratitude in some way. If the receiver just sees the gift as “free food” harvesters are less likely to continue providing for that person. This needs to be communicated to younger generations.
Quality	Excellent. Grounded in IQ values and practices. Requires an appreciation that sharing is a reciprocal activity by recipients	Many harvesters identify with this role of providing and do not want that IQ value diminished. In order to maintain a clear understanding of these values and beliefs, community discussions should promote this understanding perhaps hosted by HTOs or harvesting groups.
Use	Where applied is very actively used, but may be diminishing over time.	It is important to reaffirm this cultural practice.

1.4 Explore sustainable commercialization of country foods **HTOs/Community wellness organizations/Economic Development/Environment**

	Current context	Indicators to pursue
Availability	Very limited availability other than informal supplies.	Communities want to have country foods more widely available. Several

		community groups are pursuing projects to accomplish this, but do not have access to suitable or sufficient supports. EDT should review its past programs with a view to understanding why they did not result in sufficient uptake. They should come alongside those community organizations that are trying to establish country food production centres with incentives.
Accessibility	Very limited depending on the community. Pricing is problematic.	Legislation is often a roadblock. EDT programs were not effective. They should be re-evaluated. Existing fish/meat plants provide products pricing that is inaccessible for most Nunavummiut. Too much existing Nunavut product goes south rather than addressing local food security
Quality	Excellent	Establish standards for local production that facilitate access. Investigate the potential of local production plants that meet health and safety standards and can promote local products development. Work with Environment on wildlife monitoring to ensure product safety.
Use	Limited by unreasonable pricing	If local country foods were available for purchase the indication is that there is a strong market for these products. This should be considered an important strategic investment by the GN.

1.5 Improve community-based infrastructure that provides harvesters with places to store, prepare, share and, as appropriate, share their harvest **Hamlets/CGS/Economic Development**

	Current context	Indicators to pursue
Availability	Currently only community freezers in some communities.	Update/upgrade community freezers to meet needs. Investigate models for meat preparation facilities in communities. Investigate models for country food markets/stores in communities – HTO run model or community social

		enterprise model. Develop supports for these models.
Accessibility	Sometimes food is available through HTOs or country food stores in few communities.	Consult communities about preferred model for access. Provide programs for development of facilities to implement preferred model.
Quality	Review all freezer facilities in terms of needs and condition. Many are very old and not energy efficient or adequate for community needs.	Set standards for health/safety/operations that support and don't hinder access. Provide guidelines and monitoring supports.
Use	Usually well used when available.	Monitor uptake of consumption.

1.6 Seek a balance between the needs of Nunavummiut and the principles of wildlife conservation **Environment/HTOs/Community monitoring organizations**

	Current context	Indicators to pursue
Availability	Monitoring information and activities limited to Environment. Information not readily available to community harvesters.	Community monitoring programs should be encouraged/supported. Use of social media and technology such as SIKU to share information and best evidence. Public awareness/plain language information sharing should be on-going. HTO initiatives to address internet sales of meat.
Accessibility	Little provided as public information. IQ sustainable harvesting principles not widely promoted.	Use of multi-media formats to share information. Promotion of respectful, sustainable practices grounded in IQ should be formally taught and encouraged. Supports for hunter training programs. Tracking in place of unauthorized meat sales between communities.
Quality	Limited information in accessible formats.	Accurate information can be shared and generate community responses using social media, radio, workshops etc. Support this work through community monitoring programs. Promote awareness of impacts of internet meat sales on herd health.
Use	Not evidence of uptake at local levels.	Sharing evidence promotes sustainable harvesting.

1.7 Encourage consumption of a wider variety of country foods. **Health/community wellness**

	Current context	Indicators to pursue
Availability	Little evidence of work done in this area.	Training in harvesting small animals. Promotion of small game harvesting through training programs.
Accessibility	Little evidence of work done in this area.	Small game is usually readily available close to communities and often does not require a lot of equipment. Information of harvesting small game should be made available. Information of preparing/cooking small game.
Quality	Generally small game is an excellent protein source and have few parasites/diseases.	Provide information about any health concerns to be aware of when harvesting small game. Support monitoring activities in communities. Supports for meat processing.
Use	Limited	This is an area that can significantly improve access to country food.

In the 2014-16 strategy it states that “the Department of Health is working with the Nunavut Food Security Coalition to develop country food policies and procedures that make it easy and safe for government-funded facilities and programs to serve the country foods they want, however they want”. This is a critical aspect for food sovereignty. Information about this access is not readily available. There should be a plan to communicate these changes in policy and their implications across community organizations and agencies.

Store-bought Foods

Nunavummiut eat more store-bought food today than in the past. Poor food choices mean poor health outcomes, and good food choices mean good health outcomes. Retailers have a role to play in providing healthy food, and Nunavummiut have a role to play in making healthy choices. There is also an important role for GN Health to provide accurate information, specific to Inuit, about the impacts of dietary transitions and the implications that not everything sold as “food” is actually nutritionally healthful. There needs to be a much more specific approach to the information being developed by GN Health as it relates to Inuit health impacts.

2.1 Develop and/or maintain working relationships with commercial partners to improve food security. **NFSC/Family Services (Poverty Reduction)**

	Current context	Indicators to pursue
--	-----------------	----------------------

Availability	Have there been agreed to indicators for food security?	Establish some baseline indicators which retailers can agree to work on. Establish a monitoring process for these indicators.
Accessibility	Beyond membership in NFSC, are there established working partnerships with retailers?	Create a working group for this purpose. Include other partners beyond traditional retailers (Northern/Coops). Identify some best practices that smaller retailers are successful at employing.
Quality	Are there discussions that have taken place about maintaining food quality and the challenges presented by weather, transportation, spoilage etc.?	Host regular discussions, identifying barriers/challenges. Develop a plan to begin to address the challenges going forward to improve quality.
Use	Are regular meetings set up?	Establish an on-going meeting relationship. Report of best practices and identify where store policies can be improved.

2.2 Support promotion of healthy eating. **GN Health, GN Education**

	Current context	Indicators to pursue
Availability	Information and training programs.	Review the information that is available through Health/Education. Does this information feature healthy choices for Inuit? Are the key messages clear? How are they being shared most effectively?
Accessibility	Support for delivery of these programs. Recognition of successful completion of programs.	Consider the programs that are making use of this information, the extent of the program reach and the uptake of healthy food messaging. Look for ways to support more programming that demonstrates effective uptake. Develop a more comprehensive approach to healthy foods messaging and consider how best to promoted messaging throughout NU.
Quality	Does participation in these programs lead to improved health outcomes?	Review the messaging to make sure it follows current nutritional/health evidence and is directly applicable to

		Inuit and not just representing a southern bias.
Use	How often are programs delivered? What evidence of uptake exists?	Monitor and evaluate the impacts of these messages. Monitor and evaluate best practices in programming and promote program models across NU.

2.3 Develop and implement a territory-wide price survey in order to regularly compare food prices in Nunavut communities over time. **GN Statistics/NFSC**

	Current context	Indicators to pursue
Availability	Food basket used is based on southern standard.	The purpose of conducting on-going food surveys needs to be clearly defined. What do we hope to gain from the activity? How will the data improve food security over time? Determine what a northern food basket should consist of.
Accessibility	Difficult to get prices at one point in time from across NU.	Have all retail partners provide data on the cost of the northern food basket on specific dates within every year.
Quality	Given the extremes in costs between communities, how can this information best be used.	Clearly identify indicators and what the data will show according to these indicators.
Use	Should information be used to consider changes in prices within a community over years or to address differences in prices between communities, for example to inform subsidy levels etc.	Consider if there are any policy implications arising out of these data. Is this kind of regular survey process informative for Nunavummiut? Does it create actual options for improving food security?

2.4 Explore measures that reduce the cost of and increase access to store-bought food throughout the entire food supply chain. **CGS/Economic Development/Family Services (Poverty Reduction) Retail partners**

	Current context	Indicators to pursue
Availability	Has work been done to identify options to improve bulk buying, transportation, food storage?	Work with partners to identify factors that can positively impact costs and access.

Accessibility	Is there a process to work collaboratively on improvements in these areas?	Develop a plan for applying improvements and monitoring effective outcomes.
Quality	Do these measures provide actual reductions in costs, waste, differences in product accessibility? What more can be done?	Monitor and evaluate measures. Plan for continual improvements. Look at technology applications that can provide benefits. Work more closely with organizations which have expertise in these areas such as the National Research Centre.
Use	How do we ensure that retailers make use of any measures identified?	Develop policies and regulations that ensure best practices are being implemented across NU.

2.5 Explore measures to increase healthy food options and choices in stores. **GN Health/Education Retail Partners Community programs**

	Current context	Indicators to pursue
Availability	Some availability in stores about healthy choices.	GN Health and Education should provide clear information about healthy food, processed food and empty foods through all their programs. Use CHRs and school health programs to promote this messaging. CHRs can provide in-store promotions using the Healthy Foods North model and other successful community developed programs.
Accessibility	Some product promotions, although supply is not always available to support promotions.	Support community programs which offer cooking/budgeting and healthy eating. Make sure that messaging is simple, clear and available to all sectors of the community at the same time.
Quality	Much concerns about wastage of foods and use of expired items.	There should be clear guidelines provided to stores about how to deal with these items. Consideration should be given to community kitchen which can often make use of spoiled produce, food banks which can move newly expired food items, in-store composting programs to support greenhouses.

Use	Initiatives have not been consistent, comprehensive or delivered over a long enough period of time to have significant effects.	Develop promotional programs that will impact consumer decisions. Consistently deliver community messaging in every possible venue and over time to impact consumer choices.
-----	---	--

Local Food Production

Local food production means we grow, harvest, and distribute foods that we don't normally produce in Nunavut. We can learn from creative projects in other northern communities that produce local vegetables, meats, and other foods. This definition limits this topic to greenhouse and perhaps some other food production initiatives such as egg production. However, in this iteration of the NFSC strategy, we should expand this thinking to include in the concept of local production as preparation, preservation and processing of locally harvested foods as well.

Local food production can help increase food security and self-reliance. In an expanded conceptualization of the term it also helps to directly address food sovereignty and to ensure healthy food options are increasingly available to Nunavummiut.

3.1 Promote innovation by supporting research efforts and project initiatives that explore ways of producing food locally. [GN Health/Economic Development/QEC/Community organizations/social enterprises](#)

	Current context	Indicators to pursue
Availability	Some greenhouse activity on a small scale.	Expand thinking to include availability of community freezers, butchering facilities, food preparation facilities.
Accessibility	Most operations are limited to a few months a year as heating costs are too high to permit year-round operations.	Explore options to support food production through QEC heat sharing and subsidized energy costs for food production ventures. Provide health oversight regarding safety, health, hygiene regulations. Financial incentives for these initiatives.
Quality	Excellent production records from operations in NU.	Monitor the direct impacts of local food production initiatives on food security. Monitor the impacts of food production operations for other communities which are able to receive products. Consider the costs/ healthy implications for northern products versus similar products produced in the south.

Use	Generally positive uptake from communities where greenhouse produce has been made available. Uptake is improved when produce is provided with recipe and preparations ideas and through community promotions.	Sales and consumer satisfaction with products can be tracked.
-----	---	---

3.2 Develop a 5-Year Plan for Nunavut’s Growing Forward Program. **Economic Development/QEC/Community organizations/social enterprises**

	Current context	Indicators to pursue
Availability	This was to be a federal/GN initiative offered between 2008-2013. It appears in the 2014-16 strategy but there is no available report on this program.	Revisit what a plan could look like in NU. Look at work being done through NorCan, NRC, Agriculture Canada Consider funding partnerships. Create a pilot program that can be scaled up depending on outcomes.
Accessibility	No information available	Build success with community partners already engaged in this work. Build pilot projects on those strengths.
Quality	No information available	Closely monitor impacts in terms of quality improvements, costs effectiveness, impacts to employment/training, on-going monitoring operations, sustainable practices.
Use	No information available	Monitor product uptake and consumer satisfaction. Look to replicate models in other communities where interest and capacity exists.

3.3 Explore the financial and operational viability of local food production in Nunavut.

	Current context	Indicators to pursue
Availability	No information available	This objective should be considered as part of the development of a 5 year plan in 3.2
Accessibility	No information available	
Quality	No information available	
Use	No information available	

3.4 Empower Nunavummiut to produce food locally.

	Current context	Indicators to pursue
Availability	No information available apart from 3 community greenhouse operations and the ArcticFresh initiative. These were reported on as Community Profiles. See Appendix A.	This objective should be considered as part of the development of a 5-year plan in 3.2
Accessibility		
Quality		
Use		

Life skills

The choices we make about food affect our health. A key concern is that younger Nunavummiut are not learning the skills required to obtain, store, prepare, and consume country food. We also have concerns that Nunavummiut are not learning or using the skills they need to make good choices with store-bought food.

To help increase food security, it is important for all Nunavummiut to strengthen and use skills related to all foods. This includes language, literacy, and numeracy skills.

4.1 Create a network of people involved in the development and transmission of life skills, including content experts and educators. **GN Education/Family Services (IA)/community organizations**

	Current context	Indicators to pursue
Availability	Effective programs are outlined in the Community Profiles, Appendix A. QHRC delivers Inunnguiniq Parenting to communities across NU. This includes some nutrition components. Iltasiniq and Aqqiumavvik are lead organizations in other aspect of this work. In addition, both organizations have developed approaches to budget planning and many other areas of life skills.	Establishing a network of life skill training programs across NU should be a starting point. QHRC, Iltasiniq, Aqqiumavvik can bring their expertise and the existing program models to the table. It will be important to link these to funding from Family Services and the revision of programs through IA and Careers to ensure that more programming of this kind is available and builds to create a path to improved life outcomes.

Accessibility	Programs are limited by funding and availability of staff in various communities.	The groups should identify potential program delivery for other communities where supports from Family Services are available.
Quality	Programs, where delivered, have proven to be effective	Whenever possible, competencies should be linked to existing skill-based opportunities in NU so that participation in these programs can build paths for participants beyond the course.
Use	Uptake for these programs has been very strong.	Uptake for these programs should be very strong, especially when linked to IA outcomes.

4.2 Support the transfer of life skills using both formal and informal methods of learning.

	Current context	Indicators to pursue
Availability		This would be covered in 4.1
Accessibility		
Quality		
Use		

4.3 Promote the development, sharing, and distribution of learning resources.

	Current context	Indicators to pursue
Availability		This would be covered in 4.1
Accessibility		
Quality		
Use		

4.4 Support Nunavummiut by providing resources, training, and encouragement.

	Current context	Indicators to pursue
Availability		This would be covered in 4.1
Accessibility		
Quality		
Use		

4.5 Incorporate life skills into existing programs wherever possible.

	Current context	Indicators to pursue
Availability		This would be covered in 4.1

		Special attention should be made to the potential to incorporate these kinds of training into the education system. This has been done successfully already by Ilitaqsiniq and Aqqiumavvik but without formal recognition from education or NAC.
Accessibility		
Quality		
Use		

4.6 Make life skills programming available to broader audiences that include a diversity of ages and genders, with a specific focus on marginalized community members.

	Current context	Indicators to pursue
Availability		This would be covered in 4.1
Accessibility		
Quality		
Use		

Community Initiatives

Community-based programs help vulnerable people such as children, single parents, and elders get the nutrition they need. These groups strengthen community connections and provide opportunities to help those in need.

Community programs also help deal with short-term hunger and support food security. We need to support and enhance these programs.

This, in fact, is a huge understatement, as it is exactly these community programs that are responding in the most effective ways to food security concerns and which have been the most proactive in their development of innovative and comprehensive programming. However, these programs which are most effective, generally are also much disregarded by government. Support for most of this programming comes from beyond Nunavut because these programs have difficulty getting attention and support from within Nunavut. A key concern raised in the community engagement process was the need for recognition of these programs and to promote their activities across Nunavut and facilitate replication of their program models in other communities. This approach becomes a critical concern for indicators to pursue moving forward.

5.1 Enhance and extend school nutrition programming for children in Nunavut

GN Health/Education Inuit nutritional health experts

	Current context	Indicators to pursue
Availability	Existing curriculum is inadequate.	Establish a team of Inuit health/nutrition experts to identify a scope and sequences of learning objectives for NU schools. Have these experts work with nutritionists & curriculum teams on an appropriate and engaging approach.
Accessibility	Existing curriculum is based on southern models of nutrition with are not appropriate for Inuit.	Pilot the new nutritional health lessons/resources in NU schools.
Quality	Very little of the curricula is supported by good resources. NU lacks a sequential and developmental approach to health/nutrition teaching.	Responding to feedback from pilot sessions, refine the learning competencies, activities and resources.
Use	Not consistent across NU schools.	Make this mandatory content for Aulajaaqtut in schools.

5.2 Support a network of community-based programs and volunteers.

	Current context	Indicators to pursue
Availability		This work should be aligned under 4.1 for a more comprehensive, holistic approach.
Accessibility		
Quality		
Use		

5.3 Prepare and distribute tools and resources to community-based programs to assist them in becoming established and operating sustainably.

	Current context	Indicators to pursue
Availability	Consider the community manuals prepared by Aqqiumavik to support other communities to replicate programs.	This work should be aligned under 4.1 for a more comprehensive, holistic approach.
Accessibility	Reassess funding opportunities within NU. Potentially it may be	

	advantageous to amalgamate funds from various departments to enable a community to take on a project in a more comprehensive and sustainable way.	
Quality		
Use		

5.4 Promote the formation and continuation of community-based programs that support food security.

	Current context	Indicators to pursue
Availability	Make use of community profiles as promising practices that can be replicated in other communities. Improve community promotions.	This work should be aligned under 4.1 for a more comprehensive, holistic approach.
Accessibility		
Quality		
Use		

Policy & Legislation

Nunavut needs territory-wide policies and legislation founded on Inuit values and knowledge. Some sample areas include: housing, income assistance, education, training, employment, transportation.

Policies and legislation can help increase food security in Nunavut. Since the NFSC Strategy was developed and from the discussions emerging from the Poverty Reduction Roundtables, significant work in many of these areas has been undertaken by Nunavut Tuungavik's Hunter Support Program and by Family Services Income Assistance and Career Development Programs. It will be important to link this work to other initiatives that are emerging across Nunavut and to build strength through shared programming and aligning goals with policy changes.

6.1 Support the implementation of food-related regulations and legislation that enhance food security.

	Current context	Indicators to pursue
Availability	Serving Country Food in GN facilities and Country Food Factsheets have been very	There is a need to engage with NTI and to focus more consistently on wildlife monitoring and community harvesting

	helpful resources for communities.	practices, especially in light on increased and unregulated online food sales. Communities where country foods are plentiful are expressing concerns about sustainable harvesting. This needs to be collectively addressed.
Accessibility	These need to be more consistently promoted.	Policies which can support the establishment of country food stores or of sales through HTO sponsored venues needs to be pursued to support access and secure food sovereignty rights.
Quality	Excellent resources, but a scaled down version with less technical language should be provided to communities and community programs.	Support and standards for community food preparation facilities is required.
Use	Not readily available in local programs.	

6.2 Assess the adequacy and effectiveness of food allowances provided by the Income Assistance Program.

	Current context	Indicators to pursue
Availability	This is part of the on-going IA review and evaluation of changes being implemented.	
Accessibility		
Quality		
Use		

6.3 Explore policy and legislative measures that will provide adequate incomes for Nunavummiut and reduce disincentives to engage in wage-based activities.

	Current context	Indicators to pursue
Availability	This is part of the on-going IA review and evaluation of changes being implemented. There are also suggestions with regards to a guaranteed annual income for Nunavummiut.	
Accessibility		
Quality		
Use		

6.4 Explore policy and legislative measures that protect and promote traditional livelihoods.

	Current context	Indicators to pursue
Availability	Changes to the Hunter Support Program are addressing this concern. Monitoring and assessing the uptake of the new initiatives should inform further changes.	
Accessibility		
Quality		
Use		

Recommendations Arising from the Research

The following recommendations are presented in order of priority based on community feedback.

1. Supporting Local Food Production

The most consistent responses gathered through the community engagement process were about the very strong desire to have improved access to country foods and the establishment of a country food venue that could provide good quality products on an on-going basis. There were different suggestions ranging from having country food available in local retail stores, creating dedicated country food stores, mandating HTOs to operate as country food suppliers locally and between communities and supporting country food supply as a social enterprise.

There was strong support for the implementation of community harvests where expert hunters could take out and train others in respectful and sustainable hunting. The catch would be returned to the community and shared through the HTO or also potentially through country food stores or made available through food banks.

There was very strong support for on the land training programs for youth, Arviat's Ujjiqsuiniq Young Hunters' Program was often referred to as the model for this kind of training and harvesting. The program supplied whatever is harvested to elders and community members in need as a way of training youth to practice pijitsirniq – meeting the needs of others and fulfilling their role as a harvester.

Significant recognition was given to the need for community butcher/food preparation facilities with 82% support. Fisheries were also identified as local production programs that could

address food security needs (58%) and 32% of respondents wanted to see greenhouses operating in the community, possibly with egg production as well (24%).

2. Supporting Community Proven Programs & Promoting Community Initiatives

There was strong support and appreciation for community programming. It was felt that although Nunavut has some very effective programs in place in some communities, these are not well recognized or well-advertised and the potential for replicating the programs in other communities is being lost. Many of the most effective programs operate without much support from the GN and there was a strong feeling that there should be more financial support for community programs. Programs most recognized were those that provided on-the-land training and country food supply. However, programs that provide food directly to families were also mentioned often as being important – community kitchens, breakfast/lunch and soup kitchens, meals on wheels. It was also recognized that often it is these community-run programs that provide significant employment opportunities. Several respondents advocated for some source of core funding to be provided to these organizations which are doing so much to enhance health and wellbeing in communities.

3. Skills Training & Employment

Support for all programs that provide skills training was very high. Cooking, sewing, butchering, budgeting, parenting and special skills training programs were commonly mentioned. There was a strong understanding that these programs, which might not provide direct employment to participants, are a path towards building both life and employability skills and significantly contribute to improved self-reliance and personal capacity. These kinds of programs are always a strategic investment in terms of human potential. They could be enhanced through making links between these community programs and Career Development and Income Assistance. It was mentioned that through investing in training and helping individuals to improve their own potential we ultimately address the issues of unemployment, low income and food security. Establishing a focus in this area should be a priority across the government and not just left to community initiatives.

4. Accountability for Food Banks

A key emerging concern was around the operation of food banks. Food banks were the most highly recognized community program and appear to be a valued service in communities. There was very strong response that they tend to be poorly and inconsistently run, that food quality is often lacking, food quantity is unpredictable and there are not regular or reliable hours associated with the operations. It was recommended that food banks become a core operation

in communities, operating according to guidelines and standards set by the government. It was suggested that perhaps these should operate as part of Income Assistance services and should not be left up to volunteer or ad hoc groups. As such, another suggestion was that second-hand goods could be redistributed as part of these services. In this way the stigma associated with Income Assistance could be reduced and their role in the community could be more positive. It was recommended that all food banks be required to follow the same regulations so that there is a measure of accountability in their operations. It was also suggested that country foods could be distributed through food banks that are established in this way rather than just through HTOs. It was also recommended that stores should turn over products that are near expiration dates or which are being written off to be redistributed quickly through food banks. It was clear from the community engagement process that food banks are a valued service, but are not being run efficiently. Attention needs to be paid to an overhaul of the approach.

5. Pricing Policies in Stores

Not unsurprisingly, a highly emergent issue from the surveys was around food prices, pricing policies, the puzzling application of NNC subsidies and differences that can be seen between retailers especially in communities where independent stores are operating. It was suggested how some of these stores manage to keep prices low while the big retailers do not. In communities where there is competition between a number of stores, costs are consistently lower. In the most remote communities where often only one store operates, prices are disproportionately high. It was felt that there should be some solutions for these situations and that by investigating procedures being used by those independent stores that are able to keep lower prices, there could be policies applied to keep retailers more accountable. There was also support for initiatives like ArcticFresh which propose to bulk buy and operate shoestring stores to meet basic consumer needs. It was felt that these approaches should be supported for small communities which have few options at their disposal.

These are the five themes which dominated the community engagement responses. It is hoped that they can become areas for further consideration in both the next Nunavut Food Security Coalition discussions and new iterations of the Poverty Reductions Strategy.

Interestingly, the National Research Council (NRC) recently hosted an expert session on food to inform their Arctic and Northern Challenge Program. Many of the key issues identified in that process resonate with the responses provided to the NFSC review. Some synergistic elements include:

- Arctic food sovereignty should be supported through self-determining concepts
- A country food diet should only be supplemented by southern foods
- Local access to sustainably harvested country foods should be supported

- “Food knowledge” around nutrition and the impacts of diet on health is needed
- Issues around food storage and transportation impact food access
- Legislation and policy need to support efforts to make locally produced food products available
- The capacity of community-based food organizations to govern their own food systems should be supported

NRC has identified a number of areas of applied research they will promote in order to address some of these issues. It will be important for NFSC to become aware of the opportunities in this area moving forward and to partner in these efforts, so they benefit Nunavummiut in the best possible ways. These opportunities are becoming increasingly available through national organizations – Canadian Institutes of Health Research, Canadian Northern Economic Development Agency, Environment & Climate Change Canada, for example. Increasingly these programs target and prioritize Indigenous organizations and local groups in addressing improvement goals. Often the limited capacity of these local groups prevents their ability to access funding opportunities. There may be a role for NFSC to come alongside local organizations to assist and facilitate their participation. Reflecting on recommendation #2, and recognizing the effective work being carried out at this level, NFSC should consider ways to build capacity with community organizations through provision of training in staff development, financial management, monitoring/research approaches and business planning. This core support could very positively impact the potential for community groups to successfully compete in these opportunities and bring additional strength to addressing food security issues.

¹ Inukpaujaq Consulting, 2020, p.6

² Ibid, p.7

³ ibid, p.11

⁴ ibid, 2020, p.14

APPENDIX A

NFSC Facebook profile posts

What is the **Nunavut Food Security Coalition?**

The Nunavut Roundtable for Poverty Reduction provides leadership and oversight to the Nunavut Food Security Coalition. The Coalition is a Roundtable Task Group, because increased food security is linked to reduced poverty. Coalition members are accountable to the Roundtable and to each other.

The Coalition is co-led by the
Government of Nunavut
(Department of Family Services) and
Nunavut Tunngavik Inc.
(Social and Cultural Development Department).



ᓄᓇᓗᑦᑭ ᓄᑦᓯᑦᑲᓄᓄᓄᑦᑭ ᑲᑎᓚᑦᑲᑦᑲᓄᑦᑭ
NUNAVUT FOOD SECURITY COALITION
NUNAVUNMI NIQIKHAQAQNIKKUT KATIMAYIIT
COALITION SUR LA SÉCURITÉ ALIMENTAIRE DU NUNAVUT



AQQIUMAVVIK SOCIETY

Arivat, Nunavut

The Aqqiumavvik Society is a not-for-profit community organization which delivers programs to address community-identified wellness needs. Like other wellness organizations, there is a focus on food security and nutrition issues. The approach taken by Aqqiumavvik is outlined in the Climate Change Community Manual available from the Nunavut Food Security Coalition and on the Aqqiumavvik website. There are also many food security-related youth produced videos on the Arviat Wellness YouTube site. Further information is up on the Aqqiumavvik, Arviat Goes Green and Arviat Harvesters Facebook pages. All the programs delivered through Aqqiumavvik have a food-related component to help accomplish the overall goal of promoting self-reliance and wellbeing for all age groups.

Programs have included community kitchens, after school cooking programs, a youth Culture of Cooking Program to encourage cooking from scratch and using country food, a cooking/nutrition component to our home visiting/family support project, recipe and cookbook development, a community greenhouse and training in butchering and food preparation.

This profile will focus on the award winning Ujjiqsuiniq Young Hunters Program which has operated since 2012. Young Hunters was created to address food insecurity and the concern that many youth were not consuming country food. Nutrition profiles done for 6-12 year-olds in the community showed that although Arviat is in a rich country food harvesting area, and although adults relied on a rich country food diet, children on average, were only consuming fish once a month and caribou once a week (Inusiqsuiniq Project). The idea was to train young people (8-10 year-olds) to harvest small game which they could bring home to the family dinner table. Since we must eat what we harvest, this was thought to be a way to encourage country food consumption. The overwhelmingly successful results have been documented in evaluations and reports available on the Aqqiumavvik website. The program is outlined and available online in a Young Hunters Manual.



ᓄᓇᓂᓄᓐ ᓄᓐᓂᓂᓄᓐ ᓄᓐᓂᓂᓄᓐ ᓄᓐᓂᓂᓄᓐ
NUNAVUT FOOD SECURITY COALITION
NUNAVUNIMI NIQIKHAQAQNIKKUT KATIMAYIIT
COALITION SUR LA SÉCURITÉ ALIMENTAIRE DU NUNAVUT





AQQIUMAVVIK SOCIETY

Arivat, Nunavut

It quickly became very clear that there was huge interest in rebuilding the harvesting capacity of the community, revitalizing cultural beliefs around food sharing and in the promotion of a country food, self-sufficient diet. The program has been expanded to include more age groups – up to 25 year-olds. Beyond that an adult men’s group has also been established around the revitalization of cultural knowledge and skills and workshops in sustainable harvesting and preservation of country foods. The program operates in every season. Youth (both boys and girls) participate in a seasonally relevant 8-week course which includes regular land trips and harvesting activities. Community uptake around the inclusion of country food in diets has significantly increased since 2012 as has interest in preparation of country foods in both traditional and more modern recipes that combine country food with the most cost-effective and nutritious store-bought foods. These programs continue to be very popular in our community. The Ujjiqsuiniq Young Hunters Program was recently recognized by ITK with the 2019 Advancement of Youth Award.



ᓄᓇᓂᓄᓐ ᓄᓐᓂᓂᓄᓐ ᓄᓐᓂᓂᓄᓐ ᓄᓐᓂᓂᓄᓐ
NUNAVUT FOOD SECURITY COALITION
NUNAVUNMI NIQIKHAQAQNIKKUT KATIMAYIIT
COALITION SUR LA SÉCURITÉ ALIMENTAIRE DU NUNAVUT





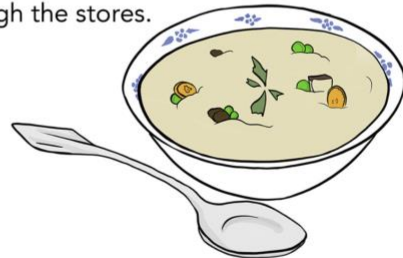
ARCTIC FRESH

Igloolik, Nunavut

Arctic Fresh is a community-based social enterprise operating out of Igloolik. The initial venture was to create a store that could provide groceries and household items at a reasonable cost to the community. A successful model for this developed and the store eventually began to serve customers from across Nunavut through on-line services. Since then the social enterprise has expanded to include a number of other services, including a greenhouse, country food market and local construction company. The ArcticFresh focus is grounded in the IQ principle of pijitsirniq – giving back and serving the community. The stated focus is on the promotion of healthy eating, the creation of impactful community initiatives that improve lives, and opportunities for youth and employment. In 2019, ArcticFresh received the Startup Canada Social Enterprise award.

The store was designed to provide options to Iglulingmiut for cheaper quality food and to promote price competition in the community. The store is able to negotiate better pricing and freight rates through bulk buying. The store is now a model for other communities to use in order to improve local food security and provide better access. Arctic Fresh was successful in negotiating many challenges with federal and territorial legislation in order to receive both NNI and Nutrition North status which allows them to pass along the federal subsidies on food. With this success, they have also started to look at ways to include access to country food products.

Arctic Fresh is working on a modular country food plant that can be built in the south and shipped by sealift, certified by Health Canada and then operate locally in various communities. In the meantime, using the Harvester Support Program model, they have established pilot projects to make country foods more widely available. One pilot involved the subsidization of local harvesters to provide their catch on a 50-50 basis to the store. The subsidy includes costs for harvesting such as gas, ammunition, grub and basic equipment maintenance. The hunter keeps 50% of the harvest and turns over another 50% to the store for resale, thus creating a small business for hunters. Arctic Fresh is looking to provide this opportunity to other communities such as Naujaat for caribou and Arctic Bay and Pond Inlet for whale products, with the goal of initiating an inter-community exchange of products for sale through the stores.



ᓄᓇᓂᓄᓐ ᓄᓐᓂᓂᓄᓐᓄᓐᓂᓄᓐᓂᓄᓐᓂᓄᓐ
NUNAVUT FOOD SECURITY COALITION
NUNAVUNMI NIQIKHAQAQNIKKUT KATIMAYIIT
COALITION SUR LA SÉCURITÉ ALIMENTAIRE DU NUNAVUT

arctic fresh





ARCTIC FRESH

Iglolik, Nunavut

Over the course of time, the idea for a self-sustained modular store grew to include the provision of fresh produce. This involved the inclusion of a year round grow-share greenhouse which is both hydroponic and soil-based. As a way to build knowledge on the consumption of fresh produce, ArcticFresh launched an educational campaign around "eating green", teaching people how to use the produce, providing recipes and tasting opportunities and building capacity through the delivery of cooking classes. In the Arctic Fresh model, 40% of the profits are returned to the community to address food security through sponsorship of Breakfast Programs and food hampers for special events. The remaining 60% goes into innovation and new initiatives such as the modular store development.

Recognition was given to the fact that many community variables contribute to food insecurity – two of the primary ones being unemployment and overcrowded housing. Responding to this need, Arctic Fresh established a for-profit arm. They began doing small renovation projects that enable them to hire many of the local, but underemployed skilled labourers and to provide training-on-the-job to enhance skill sets. The success of the program allowed them to put profits into an expanded model of training. They partnered with an organization out of Winnipeg which brings journeymen trainers into Iglolik to work with apprentices in both on-the-job situations and in classroom-based settings. This partnership also provides the opportunity for some Iglulingmiut to travel to job sites in Manitoba to work on larger scale construction projects.

A further need in the community was identified as support for small business and entrepreneurial ventures. To address this, evening classes in business development have been taking place and have resulted in 4 new business ventures. The replication of this kind of initiative relies very heavily on a community champion or group of committed champions who understand business and have the capacity to devote to these projects.

Going forward, Arctic Fresh is looking to develop partnerships with other communities, especially those communities most food insecure and with the fewest resources to be able to address those issues. They hope to target Grise Fiord and Arctic Bay as new start-ups for the self-sustaining store model. The ultimate goal is to support communities at first and to gradually step back and allow the stores to run independently.





CAMBRIDGE BAY WELLNESS CENTRE

Cambridge Bay, Nunavut

The Cambridge Bay Wellness Centre operates a number of programs which include a food-related component. There is a weekly food bank which supports about 50 families. Food includes a range of staples, fresh produce, meats and country foods. Meals are provided through child and youth programs, school breakfasts, CPNP cooking classes (open to everybody once a week), Elders' programs, and to the women and men's shelters. The centre also provides emergency food to families in times of high need or crisis. The centre's policy is to use and promote country food as much as possible. Access to country food is made possible through the support of the HTO, Kitikmeot Foods and from donations by individuals. Store-bought foods are obtained through the local store with discounts of 10-15%. Also, different organizations donate food for various projects and purposes.

The Wellness Centre has committed a proportion of every program funding budget to food and every program provides a meal or snack of some kind.



ᓄᓇᓂᓴᑦ ᓄᓯᓯᓐᓂᓴᓄᓇᑎᓯᓄᓴᑦ ᓐᑎᓴᓴᓴᓄᓴᑦ
NUNAVUT FOOD SECURITY COALITION
NUNAVUNMI NIQIKHAQAQNIKKUT KATIMAYIIT
COALITION SUR LA SÉCURITÉ ALIMENTAIRE DU NUNAVUT

THE MUNICIPALITY OF
Cambridge Bay





GROWN LUNCHES

Inukshuk High School, Iqaluit, Nunavut

Grown Lunches is an activity that evolved 2 1/2 years ago out of conversations with students in a food studies class about food insecurity. A decision was made to make free hot lunches available to everyone in the school community. A diverse cross-section of the school community participates in this highly successful lunch program, about 150-200 people per lunch.

In designing the program, the students identified that the program should be student-led with meal planning and preparation coming directly from them. They committed to trying to not repeat a meal, to serve country food, to introduce the patrons to a diverse variety of foods, to encourage consumption of fruits and vegetables, to do original recipe development and to practice sustainability whenever possible. In addressing these goals, they have entered into collaborations with parents, specifically around the preparation of diverse or ethnic foods, in addition, they have linked with the Iqaluit Greenhouse (iqaluitgreenhouse.org) and started their own small hydroponic and composting initiative. They look at ingredient costs and plan according to a budget. Although they rely heavily on store-bought foods, they are able to offer country foods about 3-4 times a month.



ᓄᓇᓂᓄᓐ ᓄᓐᓂᓂᓄᓐᓂᓄᓐᓂᓄᓐᓂᓄᓐ
NUNAVUT FOOD SECURITY COALITION
NUNAVUNMI NIQIKHAQAQNIKKUT KATIMAYIIT
COALITION SUR LA SÉCURITÉ ALIMENTAIRE DU NUNAVUT



GROWN LUNCHES

Inukshuk High School, Iqaluit, Nunavut

Some students participating in the Grown Lunch Program are able to receive a wage through small funding grants and partnerships with organizations such as the Good Food Machine (www.loyalty.com) who have given the program access to equipment and technical support. The program also hosts wellness events and student awareness activities during the lunch program.

Considerations going forward include monitoring and evaluation and the opportunity to expand the program into a cross-curricular program by engaging with other course areas such as social studies to provide evaluation and data collection; math for budgeting and purchasing; science/CTS classes in green food production, composting and environmental issues; Aulajaatuut in terms of student volunteerism and addressing food insecurity through cultural practices of sharing and caring.

From a small student-initiated idea to provide a hot lunch, the Grown Lunches Program has become a popular service to the whole school community.



ᓄᓇᓂᓄᓐ ᓄᓐᓂᓂᓄᓐ ᓄᓐᓂᓂᓄᓐ ᓄᓐᓂᓂᓄᓐ
NUNAVUT FOOD SECURITY COALITION
NUNAVUNMI NIQIKHAQAQNIKKUT KATIMAYIIT
COALITION SUR LA SÉCURITÉ ALIMENTAIRE DU NUNAVUT





ILISAQSIVIK SOCIETY

Clyde River, Nunavut

Ilisaqsivik Society is a non-profit community organization operating in Clyde River, Nunavut. It operates the Ilisaqsivik Family Resource Centre. The society runs 60-70 programs at any given time that include a food component. These programs focus on promoting strong nutrition and effective ways of using healthy country and store-bought foods. All programs also try to include some opportunities for developing cooking skills. Seasonal land camps and land-based programs provide country foods.

A community with continuing high unemployment, Ilisaqsivik has been concerned about making food available at times between government cheques, in the development of stronger access and reliance on nutritious country foods and in looking at ways to address chronic un and under employment.



Recently, in partnership with TIDES Canada (tidescanada.org) the society ran a pilot paying a full-time hunter a wage which included covering harvesting costs. It's aim was to assess the potential for harvesting as employment. At the same time, Ilisaqsivik is working with the HTO on a new building where country foods can be processed, similar to the fish plant operation in Pangnirtung and is being funded through Baffinland Iron Mines Ltd. The idea of making country foods more readily available through these types of initiatives is the kind of innovative solutions that Inuit are seeking in addressing both the specters of unemployment and food insecurity in their communities.





ILISAQSIK SOCIETY

Clyde River, Nunavut

Ilisaqsivik has launched on an ambitious social enterprise approach. They have built a community hotel both to provide employment and income for further program development. They are actively exploring a second hotel and other facilities which can generate income and employment.

They have also created a for profit arm as a business development initiative which hopes to create new opportunities and respond to the strategic planning they engaged in through community consultations. This new stage may result in the establishment of a store that could further impact lowering food pricing and availability and start to address food security in an on-going way. There are many challenges associated with the success of such a project. These challenges require more supportive policy and legislation to facilitate both social enterprise and small business development in our communities.



ᓄᓇᑭᓐᑦ ᓄᓐᑭᓐᑦᓇᓂᓐᑦᓇᓂᓐᑦ ᑲᓂᓂᓐᑦᓇᓂᓐᑦ
NUNAVUT FOOD SECURITY COALITION
NUNAVUNMI NIQIKHAQAQNIKKUT KATIMAYIIT
COALITION SUR LA SÉCURITÉ ALIMENTAIRE DU NUNAVUT



2



IQALUIT GREENHOUSE

Iqaluit, Nunavut

The Iqaluit Greenhouse has operated since 2007. Initially it was developed to grow produce locally and to serve as a model for other communities in the north. Until recently, it operated as a cooperative where interested people leased boxes to grow their own produce and were responsible collaboratively for the maintenance and production aspects of the greenhouse.

2017 saw a considerable change in the direction of the greenhouse. It was decided that the greenhouse would provide products for the community of Iqaluit. In the first year, there was a lot of repair and enhancement work accomplished. Since then, the number of grow boxes has been doubled, a seedling shed was created, high output hydroponic systems have been added and new technology to help monitor the system has been purchased. The team is looking into the potential for new varieties for planting and adding more potato output. Interested community members are always welcome to share skills and knowledge or just bring their interest to the greenhouse.



ᓄᓇᐅᐳᐅ ᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄᓄ ᓄᓄᓄᓄᓄᓄᓄᓄ
NUNAVUT FOOD SECURITY COALITION
NUNAVUNMI NIQIKHAQAQNIKKUT KATIMAYIIT
COALITION SUR LA SÉCURITÉ ALIMENTAIRE DU NUNAVUT



1



IQALUIT GREENHOUSE

Iqaluit, Nunavut

The greenhouse will supply the QajuqTurvik Food Centre with all of its produce, enabling the Iqaluit Greenhouse to truly serve community food security needs. They will be undertaking some research to consider the viability of new plants and the output quantity for each growing season. They also hope to explore ways to continually enhance the productivity of the greenhouse operation. In the partnership with QajuqTurvik, workers from the centre will be able to augment volunteers in the monitoring, maintenance and operation of the greenhouse and to assist with securing future funding to continue the operations.



Past projects have included supplying Iqaluit schools with hydroponic systems. There are hopes to expand the worm farming and composting activities of the greenhouse and to establish a soil cycling plan to ensure that nutrient-rich soil is always available in each new grow season.



ᓄᓇᕏᓂᓴ ᓄᓂᕆᓄᓪᓂᓴᓴᓂᓴ ᓄᓂᓴᓴᓴᓴᓴᓴ
NUNAVUT FOOD SECURITY COALITION
NUNAVUNMI NIQIKHAQAQNIKKUT KATIMAYIIT
COALITION SUR LA SÉCURITÉ ALIMENTAIRE DU NUNAVUT





NIQITSIALIURNIQ

Ilitaqsiniq Nunavut Literacy Council, Rankin Inlet, Nunavut

The Niqitsialiurniq Program was designed by Ilitaqsiniq as a 4-month seasonal program to provide cooking/healthy eating skills and basic literacy and job training. The project was modelled on the very successful Miqqut Program that blends modern and cultural skill development through a program embedded with literacy and employability skills. The plan involved offering a community food kitchen as a training ground and to include seasonal/land-based harvested food, and learning modules taught by Elders and cultural experts in the preparation and preservation of country food.

In the spring, a 2-week nipku camp was held involving a guest hunter and Elder experts. Butchering, meat preparation, proper methods of drying and preserving meat and the various aspects of using all parts of the animal in food preparation were taught. This was followed by a camp dedicated to harvesting during the arctic char run in July where pipsi making, smoking and other ways of traditional preparation of fish were taught. In addition, seasonal opportunities for harvesting such as berry picking or mussel gathering were also included.

A core aspect of the training was the delivery of a weekly community lunch program through the summer months. The Community Learning Centre was available for this training during the summer when Adult Learning Courses were not being delivered. Participation in the lunch program was open to anyone, especially trainees and their families. Initially, attendance was about 80 people, but this quickly increased until 175-200 people were being served throughout the summer months. It was noticed that many of the people attending were groups of youth and elders who were living alone and tended not to cook for themselves regularly. The lunch program was served at the community hall and was seen by many as an opportunity for social interaction in addition to a good meal.



ᓄᓇᑭᓐᓂᓐ ᓂᓐᑭᓐᓂᓐ ᓄᓐᓂᓐᓂᓐ ᓂᓐᓂᓐᓂᓐ
NUNAVUT FOOD SECURITY COALITION
NUNAVUNMI NIQIKHAQAQNIKKUT KATIMAYIIT
COALITION SUR LA SÉCURITÉ ALIMENTAIRE DU NUNAVUT





NIQITSIALIURNIQ

Ilitaqsiniq Nunavut Literacy Council, Rankin Inlet, Nunavut



The program included a self-selection day every Friday where trainees could select a recipe they wished to learn and then prepare it and take home the results to their family.

Literacy components of the program included learning new terms, reading recipes accurately, adjusting recipes, understanding measurements, how to use food mail, store price checking and reading ingredient and nutrition labels. There was a strong nutritional training component which examined the consumption of convenience foods, the nutritional value in country foods and store-bought foods and taught how to prepare healthy meals on a budget. Introduction and tasting events to various fruits and vegetables and how to prepare and preserve these foods was a focus. Guests often participated in additional programming such as diabetes awareness and prevention information shared by the regional dietitian

In addition, formal training in food safety, First Aid and CPR were mandatory. Job skills such as resume writing, job searches, setting personal goals, teamwork and task orientation and mini business planning were covered. Trainees toured food businesses such as the fish and meat plant and the Meadowbank Mine and were able to do on-the-job training to gain real hands-on experiences. Three trainees became employed by the mine and one has gone on to training the field of culinary arts.

The program ran twice in Rankin Inlet and was extremely popular and showed significant impacts based on participant evaluations and interviews from participants in the lunch program.



ᓄᓇᓂᓄᓐ ᓄᓐᓂᓂᓄᓐ ᓄᓐᓂᓂᓄᓐ ᓄᓐᓂᓂᓄᓐ
NUNAVUT FOOD SECURITY COALITION
NUNAVUNMI NIQIKHAQAQNIKKUT KATIMAYIIT
COALITION SUR LA SÉCURITÉ ALIMENTAIRE DU NUNAVUT



2



NIQITSIAVUT

Baker Lake Food Security Project, Baker Lake, Nunavut

The program that emerged is run by 2 employees who operate out of a small office space and kitchen in a rented house. Limited space results in a limited number of participants with the interest often exceeding the capacity of 6-8 people. The key programs include seasonal land-based country food harvesting/preparation/cooking such as butchering, nipku making, berry picking, fish processing and a facility-based healthy eating/cooking program that uses both country food and store-bought foods in a variety of ways. The program also works with the high school to provide instruction to their land programs as well and with the HTO which sometimes supplies country food. The program is also able to expand somewhat with the support of the Community Learning Centre which will allow use of their kitchen facility twice weekly as long as programming allows.



Participation is open to everyone and encouraged through ads on the community Facebook page, posters and radio announcements. The program focus is on healthy eating and nutrition, respectful use of all parts of country food that has been harvested, skill development in using recipes and food preparations and exposure to a variety of ingredients and how to use these. Giving back to the community is valued by providing food tastings at various community events, such as Community Health Fairs, and through special events such as cooking heads and hooves for Elders. There are also theme nights when involvement is encouraged through bringing a friend, mother/daughter events with door prizes (usually food hampers) for encouragement. As part of the program, participants are able to take a meal home to their families.

The impacts of this program over the past 2 years were evaluated through a small participant survey conducted by Food First Newfoundland. Results were limited, but positive. More telling are the enthusiastic comments posted on Facebook and the uptake in subscription to the program.



QAJUQTURVIK FOOD CENTRE

Iqaluit, Nunavut

The Qajuqturvik Food Centre is a program that grew out of the Iqaluit Soup Kitchen. The members of The Soup Kitchen board became concerned that the project was not really targeting the underlying issues of food security for their patrons and sought an expanded vision. The Qajuqturvik Food Centre continues to provide a daily meal, but has moved to include training components as part of their initiative.



A daily lunch service operates 7 days a week and serves about 80 people a day. The program is open to everyone and the centre has made a concerted effort to ensure that the service is destigmatized from being a place for those in need to a space for everyone interested in a good meal. An underlying premise is that poor eating habits are common to every social group. The attendance levels have not changed over the past two years of operation so this can be taken to be the approximate level of chronic need/interest. Meal service has also changed in attempts to offer a high nutritional value meal, that includes country food as well as to give guests exposure to different food choices. For example, salads are a part of every meal offering and have grown substantially in popularity. The training program has two distinct components: an after-school cooking program for youth, an employment-directed training program for adults.

The after-school cooking program is offered to elementary level students (grades 4-6) twice a week. The program accommodates about 10 students in these sessions. They receive instruction in food preparation, basic cooking skills, food and workplace safety and healthy eating. The popularity of this program led to the inclusion of a drop-in cooking club open to everybody. This takes place once a week.





QAJUQTURVIK FOOD CENTRE

Iqaluit, Nunavut

The employment-directed paid training component is offered 5 days a week over a 3-month period. Generally, 6-10 people are trained in these sessions. The training component allows the centre to take on catering jobs that help to subsidize the program and for the students to gain experience through the provision of the daily food service. Training includes instruction in food preparation, basic cooking skills, food and workplace safety (WHMIS and food safety certificate), healthy eating, cooking on a budget, recipe development and meal planning. This program has been shown to be very successful with about half of the participants going on to employment in the food industry.

The centre is looking to expand this opportunity to participants from outside of Iqaluit. They have secured the use of a house for the next three years to facilitate people from other communities to take advantage of this opportunity. The Qajuqturvik Food Centre has a very strong reputation in Iqaluit and wants to support food security efforts in smaller communities.

The program hosts periodic events both to support community activities and as a way of promoting the program. They have received a lot of media notice and positive support. It hopes to build on this by also collecting data through participant surveys that shows the value of programs like this. Future goals for the program include an expanded evaluation approach, community outreach beyond Iqaluit, partnership with the local greenhouse and advocacy for more affordable food. For more information on this dynamic program visit their website www.qajuqturvik.ca.



ᓄᓇᑭᓐᓃ ᓄᓐᑭᓐᓃᓄᓐᓃᓄᓐᓃ ᓃᓄᓄᓐᓃᓄᓐᓃ
NUNAVUT FOOD SECURITY COALITION
NUNAVUNMI NIQIKHAQAQNIKKUT KATIMAYIIT
COALITION SUR LA SÉCURITÉ ALIMENTAIRE DU NUNAVUT



QAJUQTURVIK FOOD CENTRE

2

Community Radio Script

We understand that it is through the principles of piliriqatigiingniq, aajiiqatigiingniq and qanurtururangniq strong solutions result. We are inviting anyone who has positive ideas about how to improve the lives of Nunavut individuals and families to work with us in seeking solutions.

We want to consider some of the following questions:

How can people can get better access to strong country food?

How can we make sure store-bought foods are affordable?

How can we help people improve their income levels, so they have access to what they need?

What kinds of training programs can help with improving skills so that Inuit know how to feed themselves and their families well?

What are long-term solutions that will address hunger and poor nutrition in our communities?

How do we ensure sustainability of community-based programs for years to come?

Of course, these are not the only questions, but we hope it gets people to start thinking of ideas that they want to share with us through our survey and with the Nunavut Food Security Coalition...

Join us on Facebook to learn about projects happening across the territory. Participate this month in our survey. Take the survey online or do it in person with a local researcher. Information about the local researcher who is doing the survey in your community is available on posters in your local stores and Hamlet office. Please get involved. Everyone can contribute to improving the lives of Nunavummiut so that no one needs to go hungry.

4. Have you **used or participated** in any of the following programs being offered in town (Check all that apply)

- Food bank
- Community freezer
- Cooking program
- Nutrition programs
- Community kitchen
- Budgeting course
- Inunnguiniq Parenting
- Community harvesting
- On-the-land programs
- Community greenhouse
- Breakfast/lunch programs
- Hunter support projects
- Other: _____

5. What program(s) would you like to see in your community?

Nunavut Food Security Coalition: Food Security Survey Questions

6. What do you think are the most effective ways to address food insecurity?
(Check all that apply)

- Support local production
- Create improved access to country food
- Provide product subsidies
- Food mail
- Better harvester support
- Other: _____

7. How would you like to be able to access country food? (Check all that apply)

- From local hunters
- Community markets
- Local store
- HTO run program
- Provide for yourself
- Other: _____

8. What kind of local production would you like to see in town? (Check all that apply)

- Greenhouse
- Fishery
- Butcher/meat preparation
- Egg production
- Other: _____

9. Do you think there are things that community stores could do to help?

- Yes
- No

If Yes, what?

13. How strongly does being food insecure affect your **personal stress**?

- A lot
- A moderate amount
- A little
- None at all

14. How strongly does being food insecure affect your **organizational ability**?

- A lot
- A moderate amount
- A little
- None at all

15. How strongly does being food insecure affect your **work or school attendance**?

- A lot
- A moderate amount
- A little
- None at all

Nunavut Food Security Coalition: Food Security Survey Questions

19. Have you observed if community members have been spending more time on the land during the pandemic ?

- Yes
- No
- I don't know

20. If yes, has this resulted in more country food being shared in the community?

- Yes
- No
- I don't know

21. If yes, do you think this has had a positive impact on mental health?

- Yes
- No
- I don't know

22. Do you think people have more or less access to food during the COVID-19 pandemic?

- More
- Less
- Same
- I don't know



Community Survey Results

1. What does food insecurity look like in your community?

About a third of the respondents identified the high costs of food and the way of pricing and applying NNC subsidies are core issues.

17% identified the lack of equipment for some families limits their ability to harvest. Other issues which received identification were lack of employment which contributed to poverty (16%); the need to promote more sharing of country food (16%); the poor quality of foods available in store and especially with regards to a preferred Inuit diet (12%); people going hungry and lack or poorly run foodbanks (10%); other issues included training around family budgeting, alternatives to reliance on income support, programs to address addictions and mental health issues, making country foods available for sale (5%); addressing the nutrition and resulting health needs of families (1%). Other comments included people often having to purchase food on a daily basis because of limited funds or not eating altogether. Another respondent said that families have to choose between paying their bills or feeding their children. Still another commented on the high costs of borrowing at local stores and that families often can never get out of debt to the stores.

Responses from the on-line survey (4 in total) reported that food insecurity was widespread, resulting in inconsistent access to food affecting kids and families most. This often resulted in aggressive behaviours from kids. One person also links the issues to availability of housing. Families without housing were identified as very visible for extreme food insecurity but that there was a less visible segment of the community who were not able to access food services

2. Who is most affected by food security?

71% responded that the unemployed were most affected by food security. 68% selected children and single parents. 62% identified elders as most affected. 57% identified non-hunters. In the Other category, respondents mentioned the need to provide equipment for harvesting, addressing the needs of those with handicaps and looking at food security issues amongst those with issues of addiction or elders who are being financially abused. It was also mentioned that unemployment needs to be addressed.

3/4. The identification of programs available to address food security varied greatly from community to community. However, where programs existed there was generally good knowledge of these programs.

Food banks were the most easily identified (78%) and 41% of respondents identified as having used a food bank. The awareness of the community freezer was also high (53%) with 25% of the respondents using that resource.

Awareness of hunter support programs was 48% with 14% of people having used the resource.

Community cooking programs had a 43% awareness rate and a 13% usage rate. Breakfast and lunch program had the same awareness rate but had an 18% usage rate. Similarly, nutrition programs and on-the-land and harvesting programs had a 32% awareness rate and 13% usage rate. Harvesting programs came in slightly higher at a 17% usage rate.

29% of respondents were aware of the Inunnguiniq Parenting Program being offered in communities with a 10% participation rate. Interestingly community greenhouses had a 22% awareness rate and a 6% usage rate. Community kitchen and budgeting programs had a 15% awareness rate and a 6-8% usage rate.

In the Other category it was suggested that sewing and elder programs were also important and well used in communities. The supports available from the Regional Inuit Associations was also identified as an important food security initiative.

5. What programs would you like to see in your community?

There were many ideas about this. They are identified here in order of priority.

Cooking and sewing programs; butchering/harvesting programs – 34%

Youth on-the-land and sharing of country foods – 21%

Budgeting training; employment training – 16%

Community awareness and promotion of programs – 14%

Improved food bank operations – 13%

Parenting support programs – 8%

Healing/mental health programs – 6%

Other ideas included promoting greenhouses and having community stores which sell food and especially country foods at reasonable prices. Increased funding for community programming and provision of nutrition information.

In the on-line survey (4 total) the need for community freezers was identified, availability of cooking programs, supports for hunting as a sustainable profession and the need for supports to ensure a broad collaboration between non-profits working on food security issues.

6. What are the most effective ways to address food insecurity?

There was strong support for all of the options provided in this question.

57% want improved access to country foods.

53% support the development of local production

46% would like more subsidies on food.

46% would like to see additional harvester's support.

43% want to see a return of food mail.

7. How would you like to access country food?

81% would like to be able to get country food from local harvesters.

26% would like local country food markets.

33% would like country food offered for sale through local stores.

65% support HTO operated programs

43% want to be able to provide for themselves through harvesting.

Additional comments supported the organizing of community harvests which then made foods available and support for equipment needed by harvesters.

8. What kind of local production would you like to see in town?

This question received a high amount of support for the development of local production.

82% of respondents wanted to see local facilities for butchering meat.

58% wanted to see the development of local fisheries.

32% wanted to see greenhouses located in the community.

24% supported the investment in local egg production.

It was also suggested that facilitating the preservation of food through drying, smoking and other ways of preserving food should be made available in communities.

9. Do you think there are things community stores can do?

The majority of respondents felt that community stores could play a much bigger role in regulating prices, stopping the wasting of food that becomes outdated and in selling country foods at more reasonable prices than are now available, perhaps through subsidies (31%). It was also felt that stores which have butcher shops could support the processing of country foods (6%). It was suggested that stores provide coupons (as is done in the south) and have discounts and donations of food to community programs (18%). It was suggested that prices should be lowered on essential items and the costs raised for non-essentials. Another suggestion was that the stores could provide sealift options for bulk buying. There was also support for options such as being proposed by ArcticFresh for the establishment of local stores to provide both country and bulk foods at more reasonable prices. It was also suggested that there be low cost loans for hunting equipment and concern over the high interest rates charged by stores.

In the on-line survey (4 total) it was suggested that local stores should have local and country foods available for sale and that they should consider greenhouse production. By building greenhouses on store rooftops, heated by residual store heat, stores could then provide fresh and cheaper produce. It was suggested that some retailers, such as Baffin Canners, are able to provide foods at reasonable prices. This should be investigated, and other stores should be encouraged to follow similar practices.

10.-17. Respondents were asked to identify the impacts of food insecurity on their lives. The following table identified the responses.

	Physical health	Mental health	Family Relations	Personal stress	Organizational ability	Attendance at work/school	Ability to parent well	Community participation
A lot	29%	34%	31%	25%	25%	24%	30%	23%
A moderate amount	33%	15%	28%	23%	28%	25%	28%	25%
A little	27%	30%	21%	30%	23%	18%	23%	20%
Not at all	16%	19%	22%	15%	23%	33%	21%	26%

The most significant impacts of food insecurity were identified as affecting mental health, family relations and the ability to parent well with physical health also scoring fairly high. Programs which address these areas should be considered as a higher priority as well.

18. What recommendations would you like to make to NFSC to address food insecurity more effectively?

Country Foods-

By far the most suggestions were about ways to improve access to country foods. A priority seems to be in making country foods available at reasonable prices in community stores and to organize community harvests in order to do this. The next more significant response was the need for butchering facilities in every community and support for land programs and employment to harvesters. This was supported by the need for loans to hunting equipment, supplies and subsidized transportation rates for country food.

Information and Training Programs-

There was support for cooking and budgeting programs to be available in every community. It was suggested that nutrition programs needed to be grounded in information about Inuit metabolism and nutrition preferences and also focus on more healthy eating for children, especially around country foods. School-based educational programs were identified as lacking and there should be more of a focus on nutritional information and cultural strengths that have always served Inuit through healthy diets. Many communities have very active helping groups that need to receive recognition and formal supports. It was suggested that the GN needs to provide formal support to those programs in terms of infrastructure and core funding since they take on the bulk of the work to address wellbeing in our communities. There were also comments regarding the need for more public awareness to be drawn to food security issues and to the programs that are available to people. There needs to be more effective ways of sharing all the information that is out there.

Food Banks-

Food banks repeatedly were raised as a concern. It appears that they are not consistently or well run in communities and it is being suggested that they be established in communities in a more formal way and operated according to clear standards and regulated across Nunavut, perhaps through Income Assistance or another such program. There were many comments

that the quality and quantity of foods being made available through food banks should follow some sort of standards.

Stores-

There was also a lot of concern around the ability to access healthy foods in stores, the wastage of foods and how out-dated foods were being disposed of. If there were properly operated food banks it was suggested that these foods could be shared in the community more effectively through food banks and community kitchen programs. Respondents were concerned about the amount of food going into the dumps rather than into direct food give-aways, significantly reduced pricing or to local food support programs. Stores should be doing a better job with this. A number of respondents wanted to see stores providing vouchers, incentives and price reductions as promotions to share back to the community from their profits. Some respondents appreciated that the Coop offers this kind of rebate program in many communities.

Other concerns-

One respondent suggested each of the following; that Nunavut should consider a universal basic income, look into bringing back food mail, establish country food stores and also consider the impacts of mining operations on the security of wildlife harvesting. It was also suggested that there be some kind of consideration of the impacts of addictions and mental health issues on family budgets and what kind of programs need to be in place to address this.

In the on-line survey (4 total), it was recommended that NFSC requires more administrative and funding support to be able to take on a meaningful role. They should do more in monitoring, evaluating and connecting non-profits who are doing food security work in communities. There is also a leadership role for them to share lessons learned and best practices across Nunavut.

COVID Related Questions

19. Have you observed if community members have been spending more time on the land during the pandemic?

59% responded yes.

11% responded no.

29% responded I don't know.

20. Has this resulted in more country food being shared in the community?

53% responded yes.

13% responded no.

25% responded I don't know.

21. Do you think this had a positive impact on mental health?

47% responded yes.

9% responded no.
22% responded I don't know.

22. Do you think people had more or less access to country food during the COVID-19 pandemic?
40% responded more.
29% responded less.
11% responded same.
17% responded I don't know.

Survey comments:

I want to see hunters hired in the communities, to be supported to harvest for the community. Those people who are unemployed or do not have strong hunting skills should be taken by experts on harvesting trips so they can be taught and support with the heavy work of harvesting for the community. If every HTO organized a community harvest they could provide food to the community, create employment for hunters, train young unemployed people and maybe trade types of meat between communities. This is something every HTO should take on, supported by the regional Inuit organizations.

Inuit were raised on eating country foods. This change to store-bought foods is making us feel ill and weak. Our bodies were not designed for these foods. I noticed my body slowly deteriorated from lack of country foods. We need to be able to eat healthy traditional foods in order to stay strong as Inuit. This is something we have a right to and we able to do before the government made us move off the land.

Food banks are a last resort, but we can never count of them. When we need them most they are always closed, and you never know when they might open. The food they give out is often very little and not very nutritious food. These should be run according to guidelines and standards set up by the GN and not rely on people who either don't have the resources to do this work or else just want to use those resources for their own benefit. Food banks could be run by Income Support since that is where we go when we are in need.

Many communities have volunteer groups who try to run good programs for us, but these programs are always stopping and starting because they run out of funding or they have no facilities of their own. We have some excellent cooking programs in our community, but the wellness centre doesn't have a kitchen so they can't run these programs consistently. Those volunteering organizations should have some way of getting funding to support their activities.

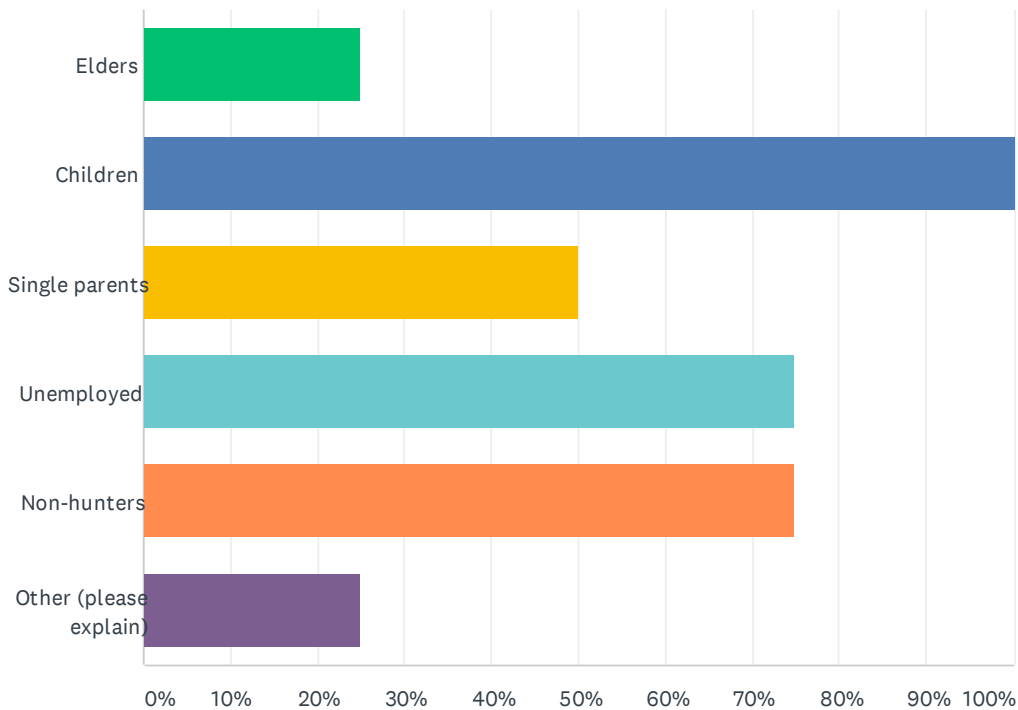
On-line Survey Monkey Report

Q1 What does food insecurity look like in your community?

Answered: 4 Skipped: 0

Q2 Who is most affected by food insecurity? (Check all that apply)

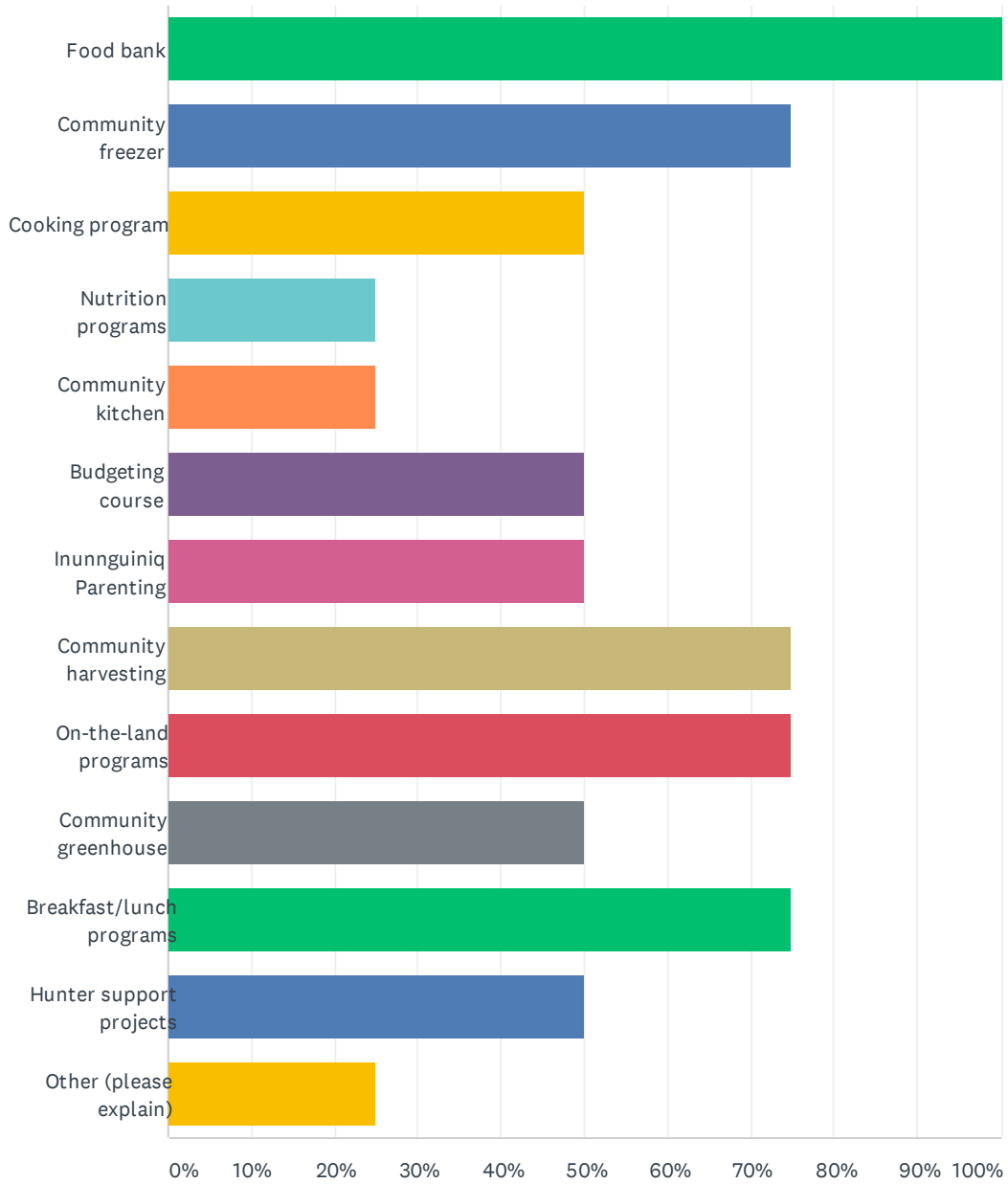
Answered: 4 Skipped: 0



ANSWER CHOICES	RESPONSES
Elders	25.00% 1
Children	100.00% 4
Single parents	50.00% 2
Unemployed	75.00% 3
Non-hunters	75.00% 3
Other (please explain)	25.00% 1
Total Respondents: 4	

Q3 Are you aware of any of the following programs being offered in town? (Check all that apply)

Answered: 4 Skipped: 0

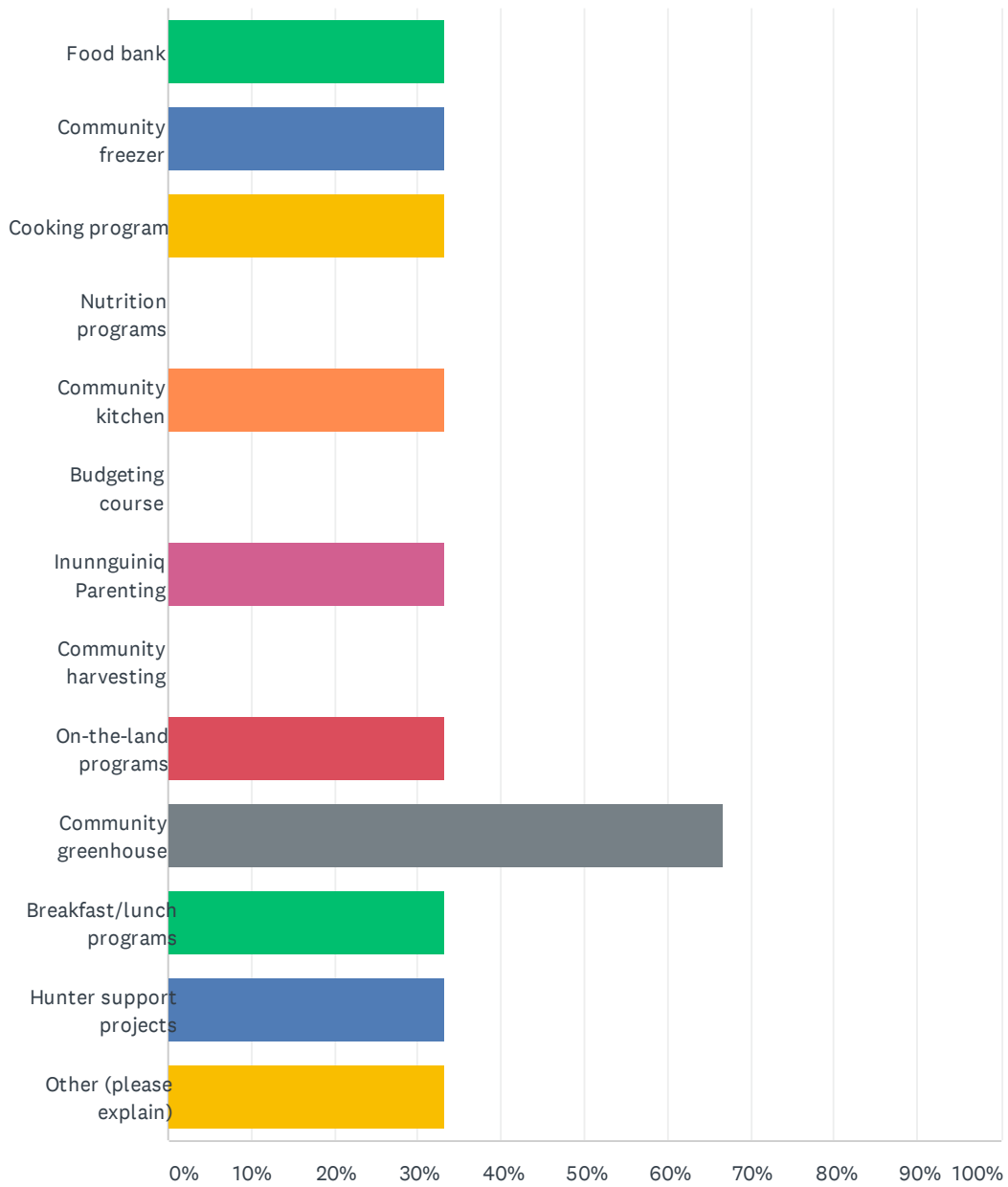


Nunavut Food Security Coalition Survey

ANSWER CHOICES	RESPONSES	
Food bank	100.00%	4
Community freezer	75.00%	3
Cooking program	50.00%	2
Nutrition programs	25.00%	1
Community kitchen	25.00%	1
Budgeting course	50.00%	2
Inunnguiniq Parenting	50.00%	2
Community harvesting	75.00%	3
On-the-land programs	75.00%	3
Community greenhouse	50.00%	2
Breakfast/lunch programs	75.00%	3
Hunter support projects	50.00%	2
Other (please explain)	25.00%	1
Total Respondents: 4		

Q4 Have you used or participated in any of the following programs being offered in town? (Check all that apply)

Answered: 3 Skipped: 1



Nunavut Food Security Coalition Survey

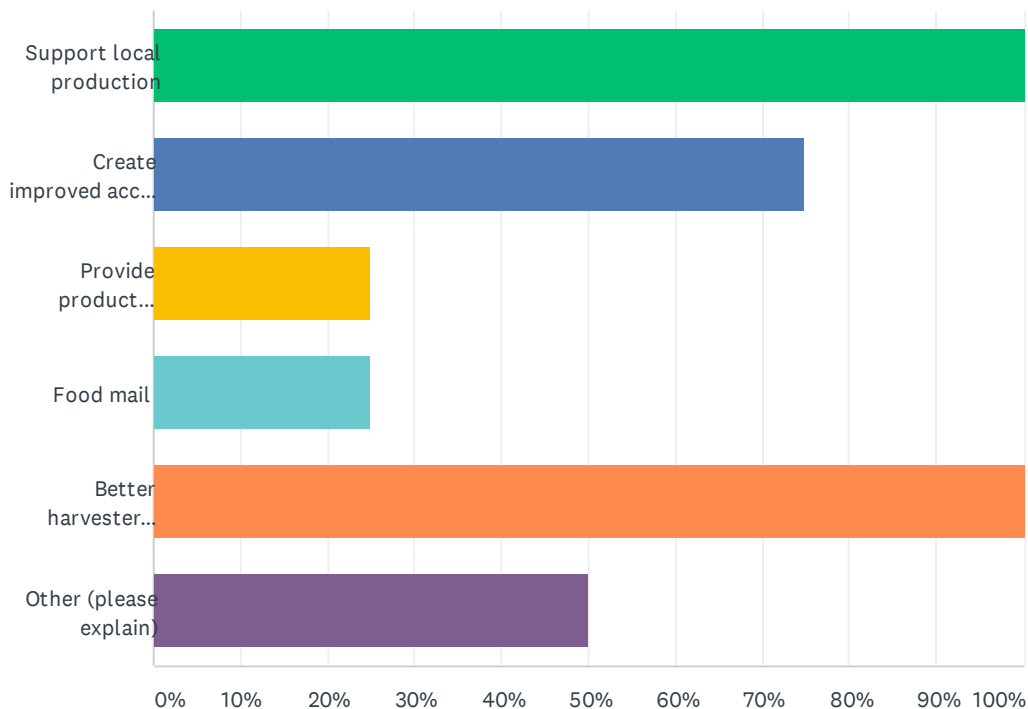
ANSWER CHOICES	RESPONSES	
Food bank	33.33%	1
Community freezer	33.33%	1
Cooking program	33.33%	1
Nutrition programs	0.00%	0
Community kitchen	33.33%	1
Budgeting course	0.00%	0
Inunnguiniq Parenting	33.33%	1
Community harvesting	0.00%	0
On-the-land programs	33.33%	1
Community greenhouse	66.67%	2
Breakfast/lunch programs	33.33%	1
Hunter support projects	33.33%	1
Other (please explain)	33.33%	1
Total Respondents: 3		

Q5 What program(s) would you like to see in your community?

Answered: 3 Skipped: 1

Q6 What do you think are the most effective ways to address food insecurity? (Check all that apply)

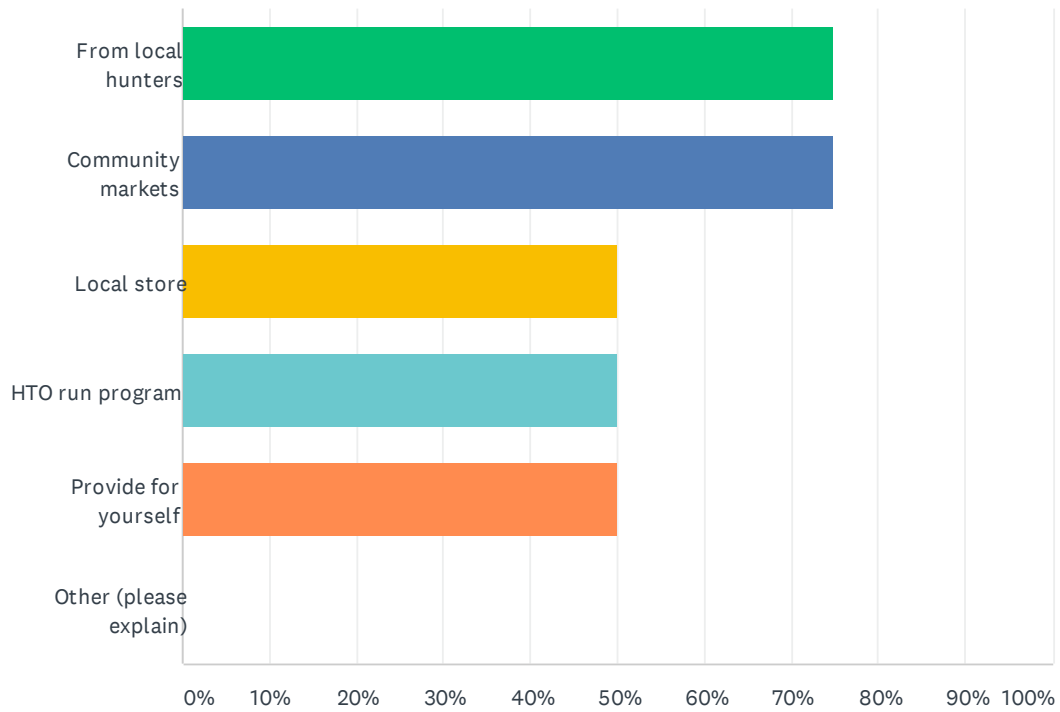
Answered: 4 Skipped: 0



ANSWER CHOICES	RESPONSES	
Support local production	100.00%	4
Create improved access to country food	75.00%	3
Provide product subsidies	25.00%	1
Food mail	25.00%	1
Better harvester support	100.00%	4
Other (please explain)	50.00%	2
Total Respondents: 4		

Q7 How would you like to be able to access country food? (Check all that apply)

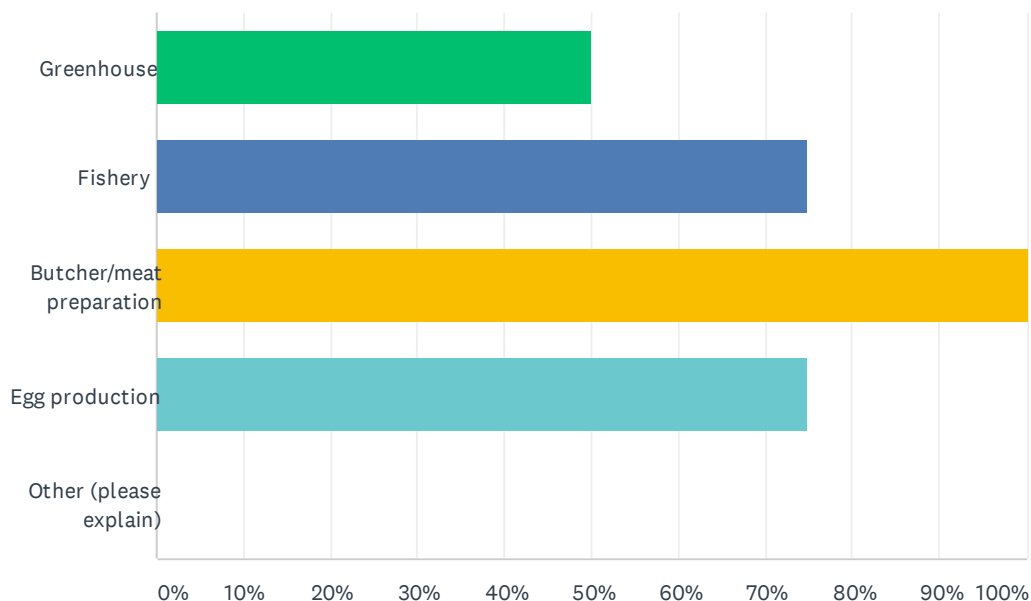
Answered: 4 Skipped: 0



ANSWER CHOICES	RESPONSES	
From local hunters	75.00%	3
Community markets	75.00%	3
Local store	50.00%	2
HTO run program	50.00%	2
Provide for yourself	50.00%	2
Other (please explain)	0.00%	0
Total Respondents: 4		

Q8 What kind of local production would you like to see in town? (Check all that apply)

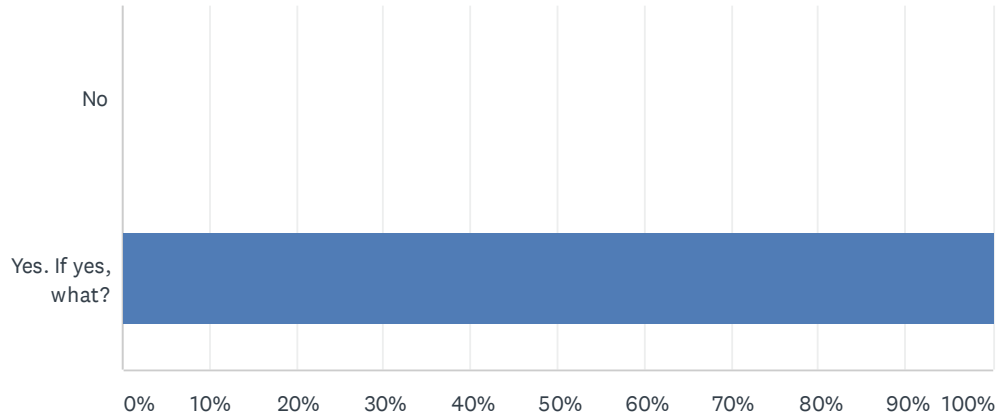
Answered: 4 Skipped: 0



ANSWER CHOICES	RESPONSES
Greenhouse	50.00% 2
Fishery	75.00% 3
Butcher/meat preparation	100.00% 4
Egg production	75.00% 3
Other (please explain)	0.00% 0
Total Respondents: 4	

Q9 Do you think there are things that community stores could do to help?

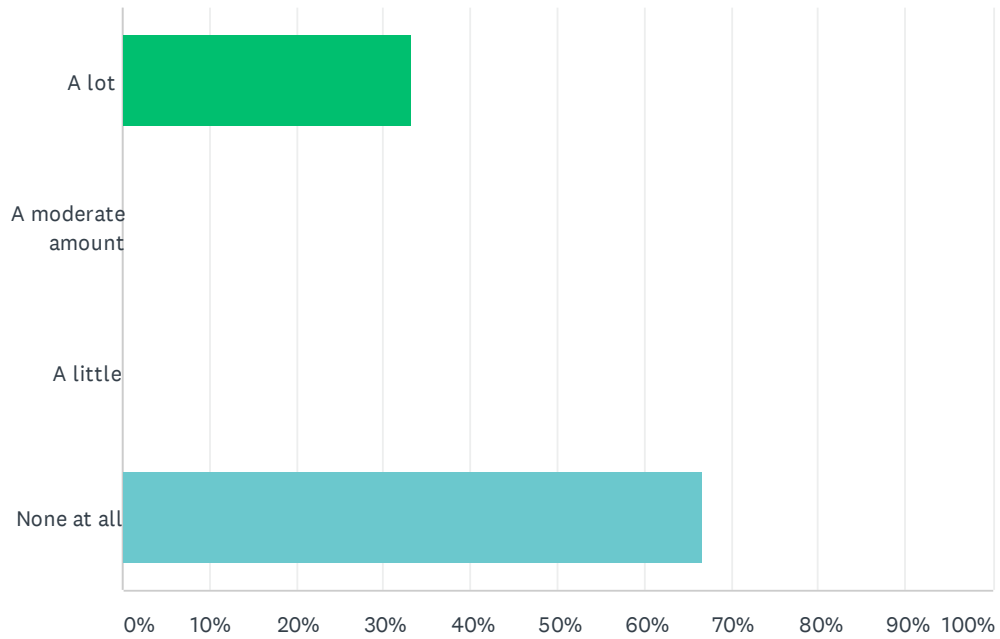
Answered: 4 Skipped: 0



ANSWER CHOICES	RESPONSES	
No	0.00%	0
Yes. If yes, what?	100.00%	4
TOTAL		4

Q10 How strongly does being food insecure affect your physical health?

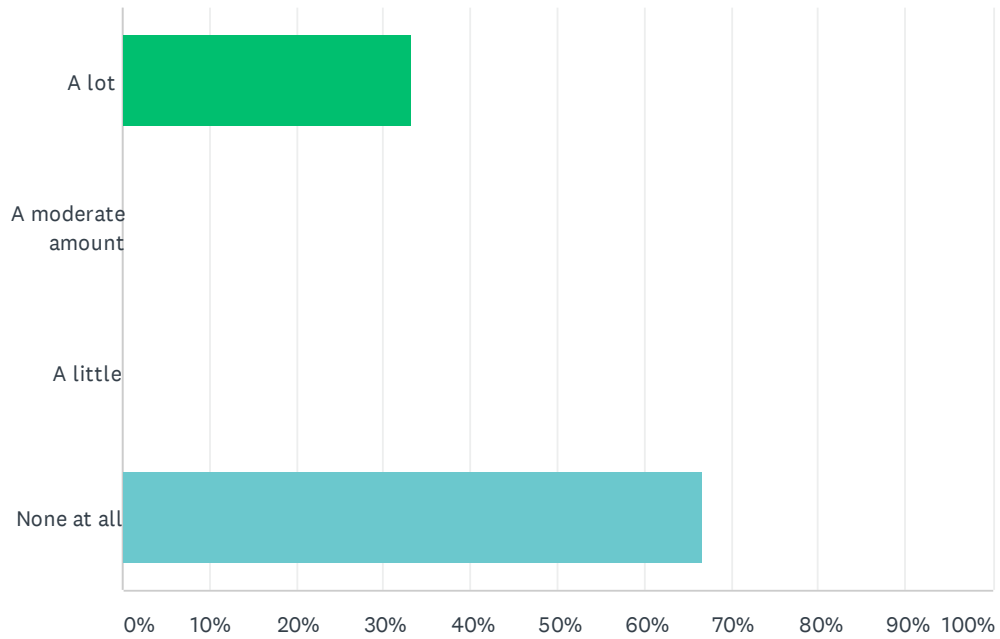
Answered: 3 Skipped: 1



ANSWER CHOICES	RESPONSES	
A lot	33.33%	1
A moderate amount	0.00%	0
A little	0.00%	0
None at all	66.67%	2
Total Respondents: 3		

Q11 How strongly does being food insecure affect your mental health?

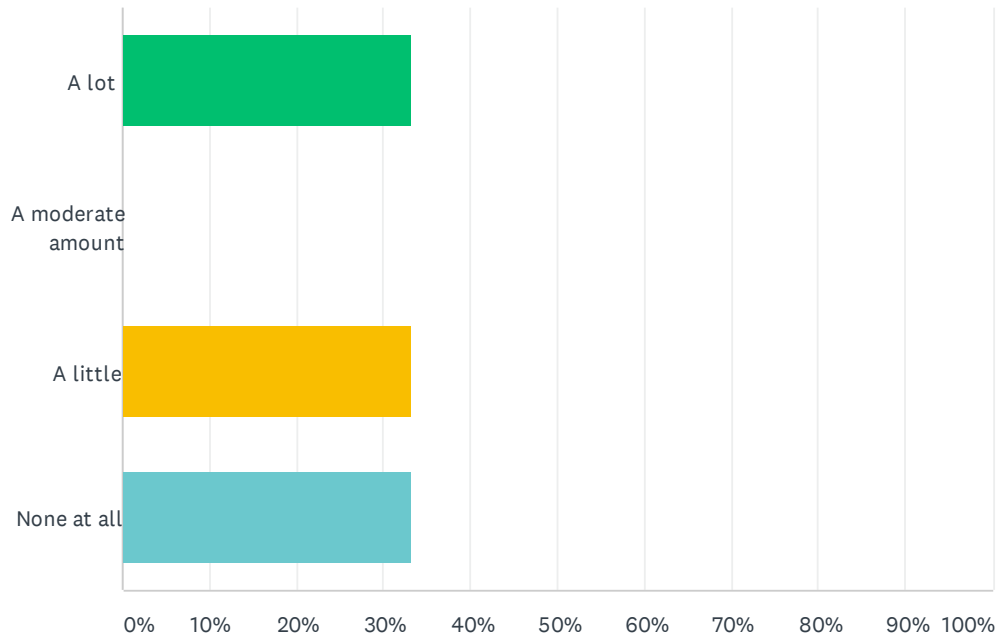
Answered: 3 Skipped: 1



ANSWER CHOICES	RESPONSES	
A lot	33.33%	1
A moderate amount	0.00%	0
A little	0.00%	0
None at all	66.67%	2
Total Respondents: 3		

Q12 How strongly does being food insecure affect your family relations?

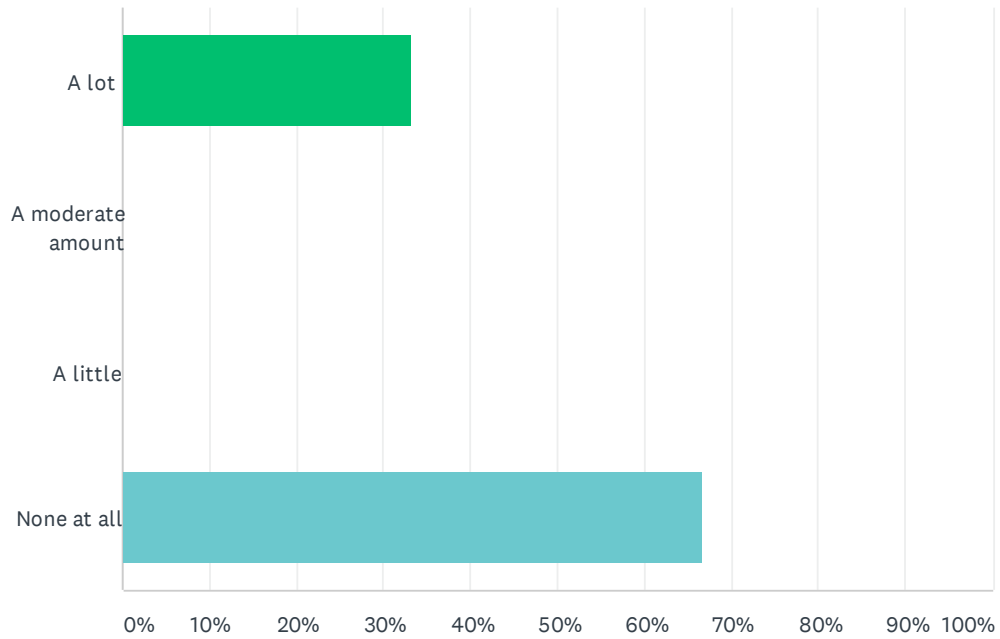
Answered: 3 Skipped: 1



ANSWER CHOICES	RESPONSES	
A lot	33.33%	1
A moderate amount	0.00%	0
A little	33.33%	1
None at all	33.33%	1
Total Respondents: 3		

Q13 How strongly does being food insecure affect your personal stress?

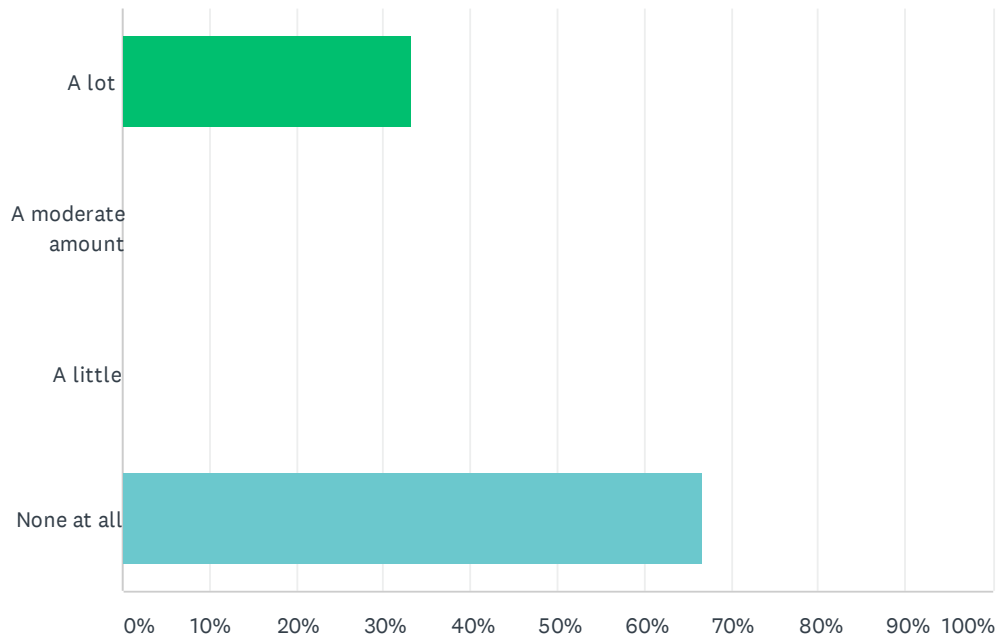
Answered: 3 Skipped: 1



ANSWER CHOICES	RESPONSES	
A lot	33.33%	1
A moderate amount	0.00%	0
A little	0.00%	0
None at all	66.67%	2
Total Respondents: 3		

Q14 How strongly does being food insecure affect your organizational ability?

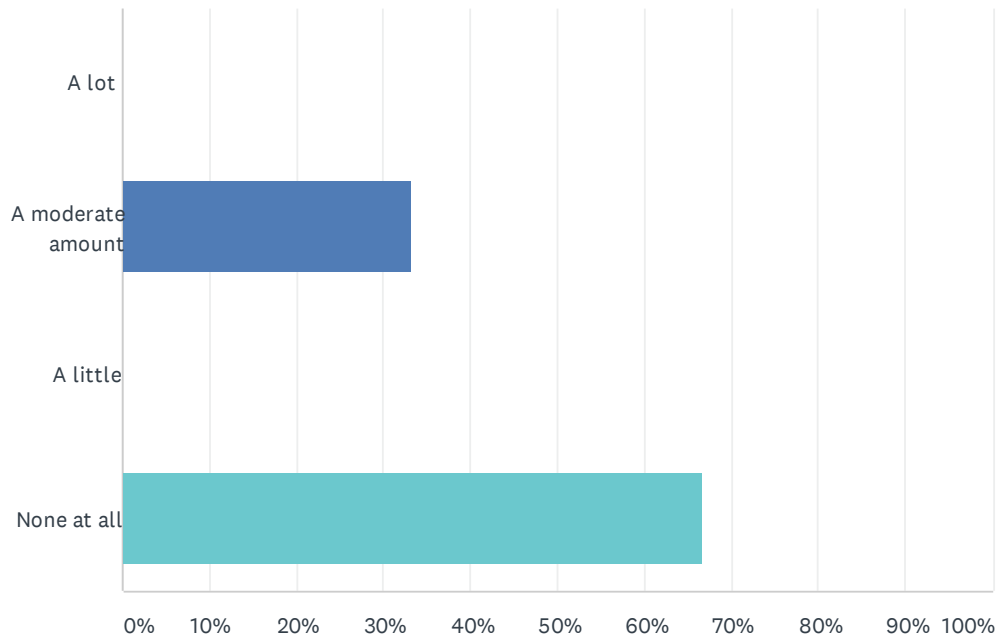
Answered: 3 Skipped: 1



ANSWER CHOICES	RESPONSES
A lot	33.33% 1
A moderate amount	0.00% 0
A little	0.00% 0
None at all	66.67% 2
Total Respondents: 3	

Q15 How strongly does being food insecure affect your work and/or school attendance?

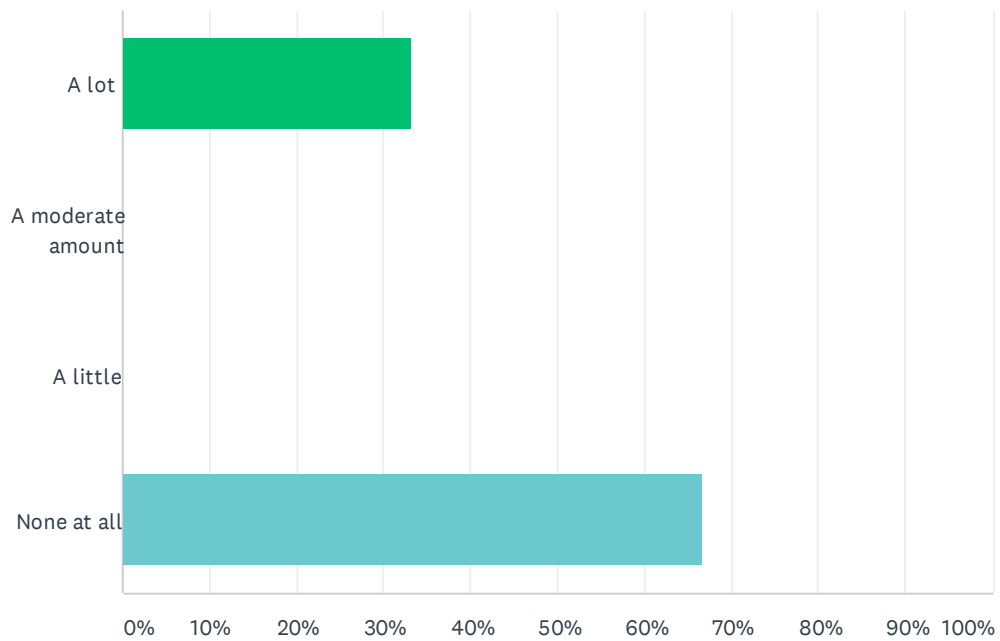
Answered: 3 Skipped: 1



ANSWER CHOICES	RESPONSES	
A lot	0.00%	0
A moderate amount	33.33%	1
A little	0.00%	0
None at all	66.67%	2
Total Respondents: 3		

Q16 How strongly does being food insecure affect your ability to parent well?

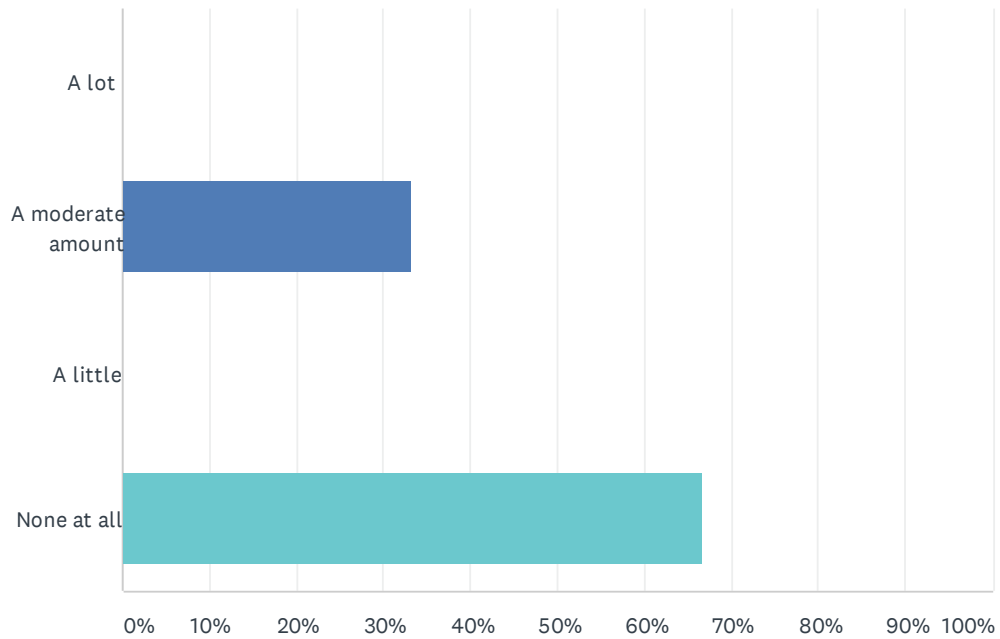
Answered: 3 Skipped: 1



ANSWER CHOICES	RESPONSES	
A lot	33.33%	1
A moderate amount	0.00%	0
A little	0.00%	0
None at all	66.67%	2
Total Respondents: 3		

Q17 How strongly does being food insecure affect your community participation?

Answered: 3 Skipped: 1



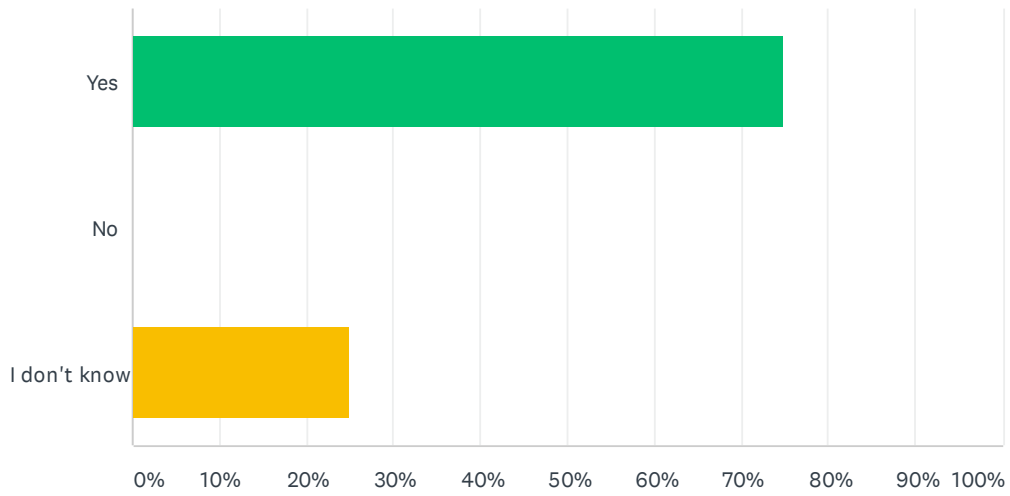
ANSWER CHOICES	RESPONSES	
A lot	0.00%	0
A moderate amount	33.33%	1
A little	0.00%	0
None at all	66.67%	2
Total Respondents: 3		

Q18 What recommendation(s) would you like to make to the Nunavut Food Security Coalition to address food insecurity more effectively in Nunavut?

Answered: 2 Skipped: 2

Q19 Have you observed if community members have been spending more time on the land during the pandemic ?

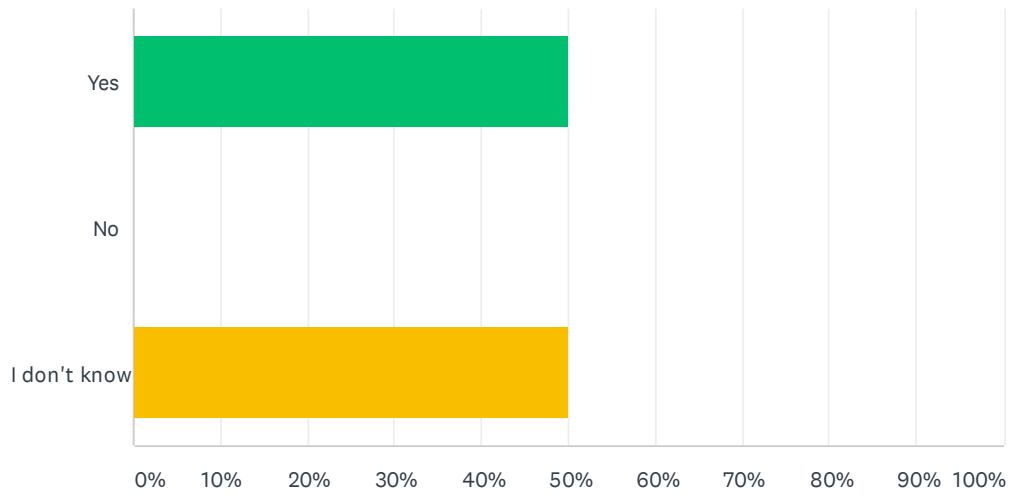
Answered: 4 Skipped: 0



ANSWER CHOICES		RESPONSES	
Yes		75.00%	3
No		0.00%	0
I don't know		25.00%	1
TOTAL			4

Q20 If yes, has this resulted in more country food being shared in the community?

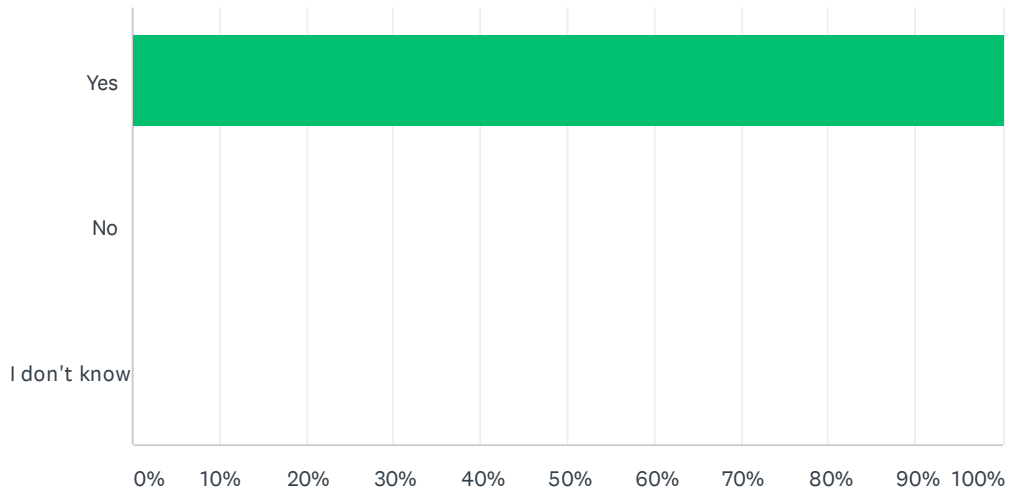
Answered: 4 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	50.00%	2
No	0.00%	0
I don't know	50.00%	2
TOTAL		4

Q21 If yes, do you think this has had a positive impact on mental health?

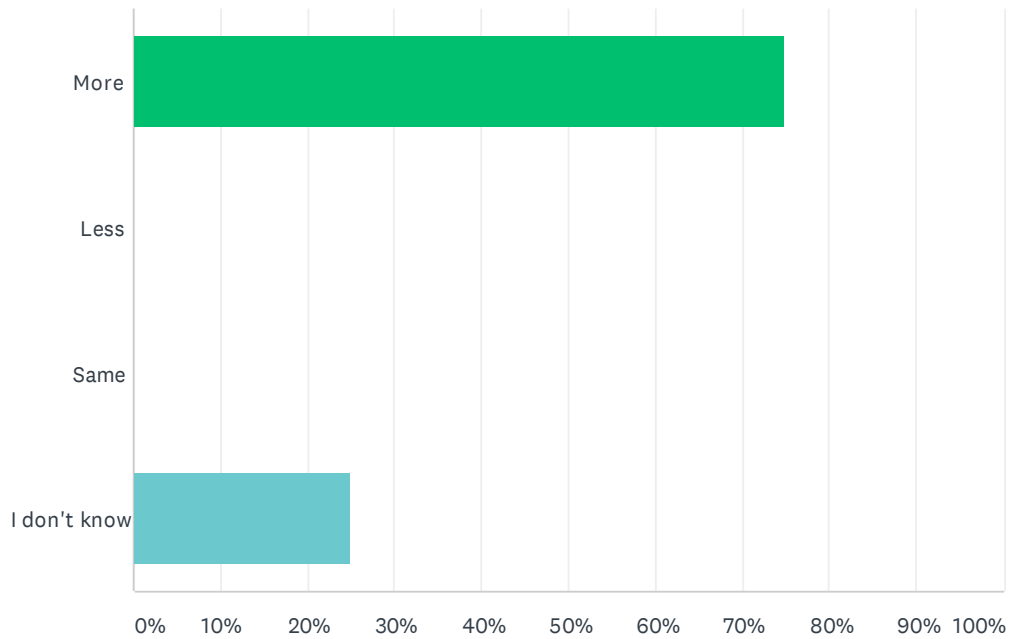
Answered: 4 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	100.00%	4
No	0.00%	0
I don't know	0.00%	0
TOTAL		4

Q22 Do you think people have more or less access to food during the COVID-19 pandemic?

Answered: 4 Skipped: 0



ANSWER CHOICES	RESPONSES	
More	75.00%	3
Less	0.00%	0
Same	0.00%	0
I don't know	25.00%	1
TOTAL		4