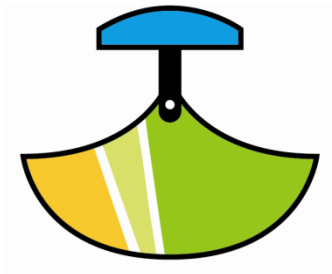


NUNAVUT FOOD SECURITY SYMPOSIUM

JANUARY 22-24, 2013
IQALUIT, NUNAVUT



RECORD OF PROCEEDINGS





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LIST OF ACRONYMS

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



EXECUTIVE SUMMARY

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



INTRODUCTION

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

Food and Agriculture Organization, United Nations (2003)

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

The Makimaniq Plan (2011)

While food insecurity affects populations worldwide, it is a particularly urgent public health issue for Nunavummiut because rates of food insecurity have reached critical levels in the territory. In fact, recent data released from the Inuit Child Health Survey indicate that nearly 70% of Inuit preschoolers in Nunavut live in food insecure homes¹.

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

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

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

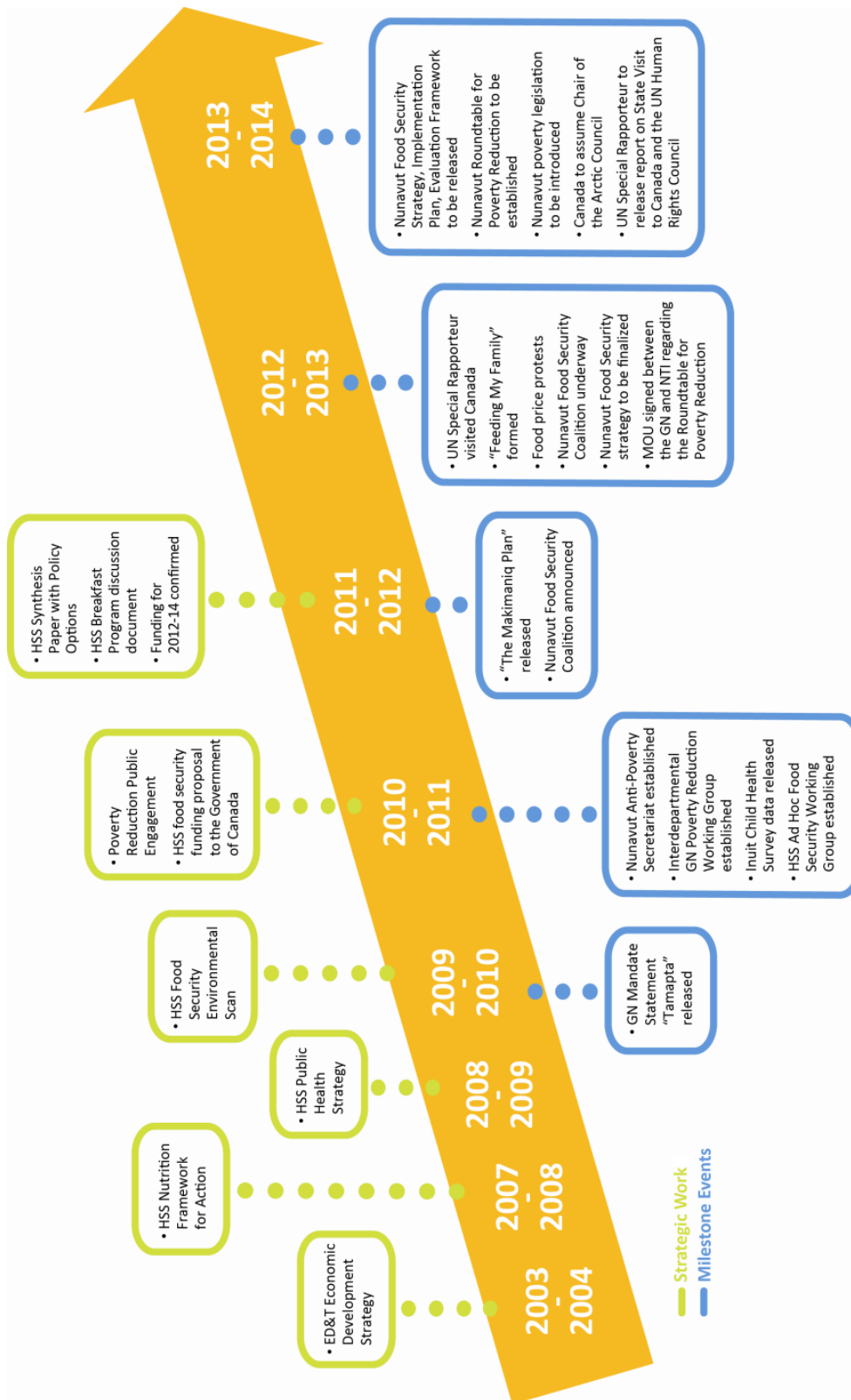


Image 1. Timeline of events that have built momentum on improving food security in Nunavut.



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

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

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

Table 1. Interim Nunavut Food Security Coalition membership.

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

² http://www.makiliqta.ca/uploads/The%20Makimaniq%20Plan_FINAL_ENG_20.12.11.pdf





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

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

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

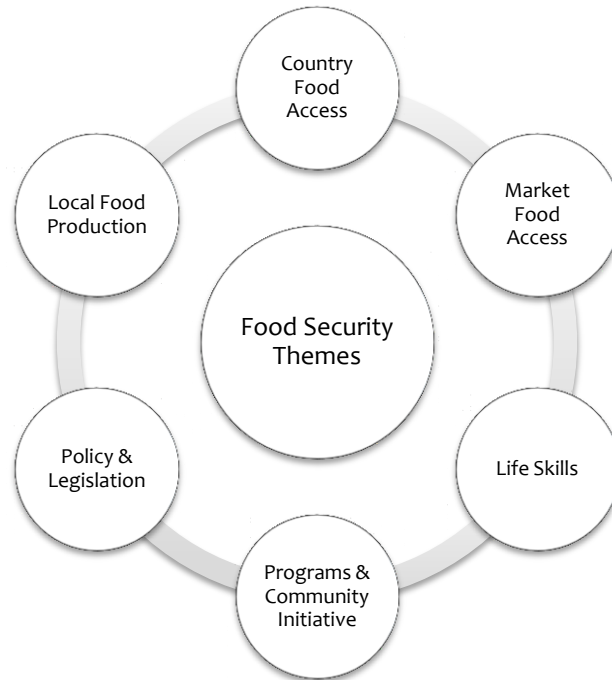


Image 3. Six food security themes identified by the NFSC.

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

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



Table 2. Affiliations of symposium attendees.

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





SYMPOSIUM SUMMARY

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

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

SYMPOSIUM SESSIONS

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

A Call to Action

A Call to Action

(Presentation)


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

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

Presenters:
Jennifer Wakegijig
Natan Obed
Ed McKenna

Presentations

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

- 
- Natan (Director of Social and Cultural Development, Nunavut Tunngavik Inc.) discussed Inuit harvesting rights under the Nunavut Land Claims Agreement (NLCA), and described the NLCA as being a key instrument for Inuit being able to access country food.
 - Ed (Director, Nunavut Anti-Poverty Secretariat) outlined the work that has been done by the Nunavut Anti-Poverty Secretariat, and described how the improving food security closely is closely tied to poverty reduction.
 - Goals of the symposium were outlined, including:
 1. Confirm who the partners are in a food security strategy going forward.
 2. Articulate a collective vision of the priority projects and initiatives which should form the basis of a collaborative food security strategy.
 3. Recommend the best model for collaboration among partner organizations.
 - Priority food security initiatives, distilled from a number of sources (i.e. poverty reduction public engagement, food security thematic discussions, Synthesis Paper on Policy Options for Addressing Food (In)Security³, and NTI's 2010-2011 Annual Report on the State of Inuit Culture and Society⁴) were presented.
 - Expectations for the next three days were described, highlighting how everyone could collaborate during the symposium.

Country Food Access

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

Transferring Traditional Skills to Future Generations

(Panel Discussion)

January 22, 10:45am – 11:45am

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

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

Moderator:
Helen Laroque

Panelists:
David Joanasie
Eenoapik Sageaktook
Eugene Kabluitok

³ Prepared for the Department of Health and Social Services

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

Presentations


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



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

Discussion

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

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

Ideas

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

The Availability of Wildlife for Food

(Panel Discussion)

January 22, 2:00pm – 3:00pm

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

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

Moderator:

Jo-Anne Falkiner

Panelists:

Peter Hale


Wayne Lynch

Ben Kovic

Presentations

- Peter (Manager of Wildlife Research, Department of Environment) explained how his focus is on terrestrial ecosystems that typically have low stress thresholds, and noted that we must keep this vulnerability in mind when exploring the expansion of harvesting country food. A report⁵ entitled “Availability of Caribou and Muskoxen for Local Human Consumption across Nunavut” was prepared by the Department of Environment for the Nunavut Anti-Poverty Secretariat. No new research was conducted, but instead existing knowledge was compiled in order to determine if species could handle increased harvest levels. Caribou statuses are

⁵ http://env.gov.nu.ca/sites/default/files/availability_wildlife_report_2012_v1_8.pdf



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

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

Discussion

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



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

Ideas

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

Increasing Community Sharing of Foods through Informal Networks

(Panel Discussion)

January 22, 3:15pm – 4:45pm

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


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

Moderator:
Lucy Burke

Panelists:
Ed McKenna
Norman Ford
Sharon Qiyuk

Presentations

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




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

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

Discussion

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

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

Ideas

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

Sustainable Country Food Commercial Access

(Panel Discussion)

January 23, 10:45am – 12:00pm

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

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

Moderator:
Darrin Nichol

Panelists:
Tim Ross
Willie Hyndman

Presentations

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

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

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

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



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

Discussion

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



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

Ideas

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

Arctic Food Network

(Presentation)

January 23, 12:15pm – 1:00pm

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

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

Moderator:
Ed McKenna

Presenter:
Mason White



Mason White (Architect, Lateral Office) gave a special lunchtime presentation on the Arctic Food Network (AFN) – a snowmobile accessed regional network of arctic farms, freezers, and camp hubs⁶. The AFN won the Gold Award 2011 North America from the Holcim Foundation for Sustainable Construction. In December 2012, the AFN was awarded part of the newly established Arctic Inspiration Prize. This prize recognizes and promotes the extraordinary contribution made by teams in the gathering of Arctic knowledge and their plans to implement this knowledge to real world applications for the benefit of the Canadian Arctic and its peoples.




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

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

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

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

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



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

Market Food Access

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

Potential Contribution of Retailers to Improve Food Security

(Panel Discussion)

January 23, 8:35am – 9:35am


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

Moderator:
Natan Obed

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

Presentations

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



Discussion

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

Ideas

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



Life Skills

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

Transferring Contemporary Skills to Future Generations

(Panel Discussion)

January 22, 1:00pm – 2:00pm

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

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

Moderator:
Shylah Elliott

Panelists:
Mary Wilman
Joy Walker
Dan Page

Presentations

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



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

Discussion

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

Ideas

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

Supporting Skills and Knowledge to Improve Food Security

(Presentation and Working Session)

January 22, 2:00pm – 4:45pm

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

Moderator:
Jennifer Wakegijig

Presenters:
Anna Ziegler
Cindy Cowan
Sue Hamilton

Presentations

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





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

Discussion/Ideas



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



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

Programs and Community Initiative

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

Supporting Specific Initiatives that Address Acute Food Insecurity

(Panel Discussion)

January 23, 1:00pm – 2:00pm

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

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

Moderator:
Brenna MacEachern

Panelists:
Diana Stapleton
Kathleen Irwin
Jen Hayward



Supporting Community-Based Food Security Initiative More Broadly

(Panel Discussion)

January 22, 2:00pm – 2:45pm

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

Moderator:
Jennifer Wakegijig


Panelists:
Kathleen Irwin
Diana Stapleton
Jen Hayward

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

Presentations

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

Discussion

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

Ideas

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

Enhancement of Breakfast Programs

(Presentation and Moderated Discussion)

January 23, 3:00pm – 4:15pm

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

Moderator:
Natan Obed

Presenter:
Sue Hamilton

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

Presentations

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



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

- PowerPoint presentation provided (Appendix G).

Discussion

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

Ideas

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

Local Food Production

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

Exploring the Potential of Local Food Production

(Panel Discussion)

January 23, 9:35am – 10:30am



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

Moderator:
Bethany Scott

Panelists:
Jim Little
Adel Yassa
Gene Hachey

Presentations

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

- PowerPoint presentation provided (Appendix G).


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

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

- PowerPoint presentation provided (Appendix G).



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

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

Discussion

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

Ideas

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

Policy and Legislation

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

Legislation that can Impact Food Security

(Presentation and Moderated Discussion)

January 24, 8:45am – 9:15am

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

Moderator:
Karliin Aariak

Presenter:
Adrienne Silk



Presentation

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

Discussion

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

Ideas

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

Partnerships that can Impact Food Security

(Presentation and Moderated Discussion)

January 24, 9:15am – 10:15am

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

Moderator:
Karliin Aariak

Presenter:
Alex Ker

Presentation



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



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

- PowerPoint presentation provided (Appendix G).

Discussion

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

Achieving a Collective Vision

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

Review of Key Symposium Outcomes

(Working Session)

January 24, 10:30am – 12:00pm

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

Presenters:
Natan Obed
Ed McKenna
Jennifer Wakegijig

Presentations

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

Discussion

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

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

(Working Session)

January 24, 1:00pm – 3:00pm

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

Presenters:
Natan Obed
Ed McKenna

Discussion

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



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

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



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

Image 12. Eenoapik Sageaktook offering some closing remarks.



OUR COLLECTIVE VISION: PRIORITY AREAS FOR ACTION

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

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

The approaches and priorities fall under six key themes:


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

Country Food Access

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

Priority areas for action on this theme:

Transferring Traditional Skills to Future Generations

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

The Availability of Wildlife for Food


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

Increasing Community Sharing of Foods through Informal Networks

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

Sustainable Country Food Commercial Access

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

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

Market Food Access


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

Priority areas for action on this theme:

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

Life Skills

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




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

Overarching principles for action on this theme:

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

Priority areas for action on this theme:

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

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

Programs and Community Initiative

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

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

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


Priority areas for action on this theme:

Breakfast Programs

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

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

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



Broad Community Initiative

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

Local Food Production

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

Priority areas for action on this theme:

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

Policy and Legislation

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



Priority areas for action on this theme:

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



OTHER SYMPOSIUM HIGHLIGHTS

OPENING EVENING

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



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



Image 14. Premier Eva Aariak providing opening remarks.

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

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



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



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

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

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

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

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



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

PHOTOVOICE EXHIBIT

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

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

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

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



Image 18. A selection of the Photovoice display.

“OUR COLLECTIVE VISION PARTICIPANT SURVEY”

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

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

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



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

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

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

RECIPE PROMOTION

A new collaboration between the Government of Nunavut's Department of Health and Social Services (HSS) and Arctic retailers has involved the creation of ten healthy recipes⁷ that promote basic food preparation skills and important nutrition messages to a broad audience across Nunavut. The North West Company and Arctic Cooperatives Ltd., along with several independent retailers, are working together with HSS to endorse these recipes and the Nunavut Food Guide throughout the territory. To build on this partnership, the lunches served during the Nunavut Food Security Symposium used three of the ten recipes, including Quick Baked Char⁸, Caribou Stew with Barley⁹, and Meaty Macaroni and Cheese¹⁰ (Image 19).



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

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

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

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

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

TOBACCO REDUCTION AND FOOD SECURITY

The Nunavut Food Security Symposium took place at the same time as National Non-Smoking week. In 2012, Nunavummiut spent \$4.3 million on tobacco products. Research has shown that having an adult smoker in the household increases rates and severity of food insecurity¹¹. To build awareness of this, the Department of Health and Social Services' Tobacco Team prepared a fact sheet about how quitting tobacco use could be considered a personal food security initiative (Image 20).

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

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

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

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

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

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

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

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

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

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

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

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

“FILMS FOR THOUGHT”

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



Astro Theatre and the Nunavut Food Security Coalition present:



Films *for* Thought

FREE!

Everyone is welcome!

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

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



Image 21. "Films for Thought" poster.

COMMUNITY FEAST

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



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



Image 23. Iqalummiut taking part in the community feast.



NEXT STEPS

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

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

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