

AQQIUMAVVIK SOCIETY

Arviat, 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 (Inusiqsiarniq 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
NUNAVUNMI 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.



ᓄᓇᓅᓗᑦ ᓄᓪᓴᓐᓴᓐᓴᓐᓴᓐ ᓴᓴᓴᓐᓴᓐᓴᓐ
NUNAVUT FOOD SECURITY COALITION
NUNAVUNMI NIQKHAQAQNIKKUT KATIMAYIIT
COALITION SUR LA SÉCURITÉ ALIMENTAIRE DU NUNAVUT

