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## **Nipissing First Nation**

**May 2019**

This project will focus on reclamation of ancestral food traditions and the holistic wellness that is found in returning the land for health, culture and healing. Community peoples will make connections between colonial impacts on overall wellness through examining indigenous food systems from a global context to the community/family garden.

**Workshop has been developed by Glenda Abbott  
saskpdj@gmail.com**

## **Indigenous Food Workshop**

These workshops will provide foundational knowledge on Indigenous Food Systems. The 2-day workshop will begin with understanding the historical impacts of colonization in Indigenous Food Sovereignty and Security. The Second day will focus on Indigenous Seeds and Traditional Gardening with some hands-on seed saving demonstrations.

### **Day 1-History of Indigenous Food Systems**

#### **Opening Prayer**

- 1. Introduction Circle- What does Food mean to me?**
- 2. Origins of the Colonized Palate: Introduction to Indigenous Food Security and Sovereignty**
  - Looking into the impact of colonization and introduction of ration foods into Indigenous communities
- 3. Indigenous Peoples Caught in the web of Global Food Systems**
  - Examining the Food system within a framework of a global context but bringing to light how these systems impact Indigenous peoples and communities.

#### **Lunch**

- 4. Revitalizing Indigenous Agriculture Project (RIAP): *Food and Plants as Medicine***

Glenda will share her work in developing RIAP workshops were part of a pilot project that embodied ceremonial protocols and teachings of planting and nurturing seeds. The project goal had been to create a community of Indigenous growers who are dedicated to reclaiming Indigenous Food Systems through revitalizing harvesting and gardening traditions related to Indigenous food sovereignty and security. Workshops were intended to educate and increase the capacity of community members to grow and use their knowledge gained to strengthen traditional practices of gardening and harvesting.

#### **5. Indigenous Survival Foods**

Have you ever wondered what your Indigenous ancestors did to survive long winters? What were Indigenous Survival foods? This workshop looks at native prairie and boreal plants for food.



## **Day 2- Indigenous Seeds and Traditional Gardens**

### **Opening Prayer**

#### **1. Indigenous Seeds and Traditional Gardens**

- Participants will learn about the history of Indigenous food trade systems and the importance of caring for seeds.

#### **2. Kistemaw: Growing our Sacred Tobacco**

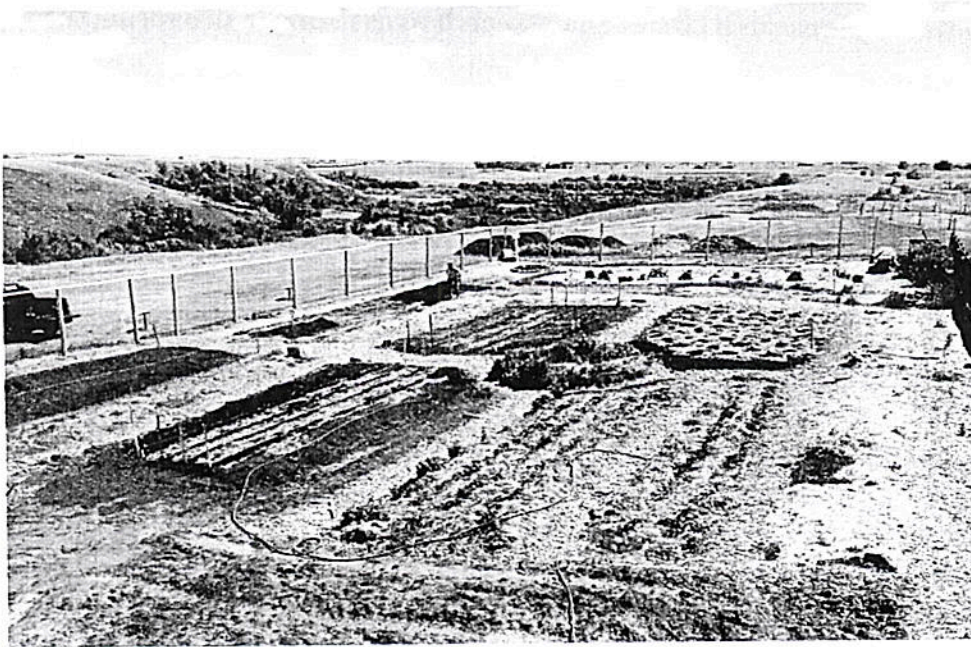
- Participants will learn how to start tobacco in small containers and how to grow for seed or traditional smoke.

### **Lunch**

#### **3. Community Garden Planning with Intentions: Growing our network, Growing for Seed**

#### **4. Circle of Survival: Activity to help develop a community Food Sovereignty plan**

### **Closing circle**



## **About the Facilitator and Consultant**

Glenda Abbott is nehiyaw-Plains Cree from Pelican Lake First Nation, Treaty 6 Territory, Canada. She has dedicated much of her time learning from knowledge keepers to revitalize and reclaim Indigenous knowledge systems. Glenda is an Indigenous Program and Curriculum Specialist with 10+ years experience with program development directly connected to working with Indigenous knowledges. This work has included many indigenous led community projects and cultural revitalization initiatives related to Indigenous midwifery, women's teachings, traditional medicine, ethnobotany-food sovereignty and land-based curriculum development.

Glenda has regularly presented as a guest lecturer for the University of Saskatchewan on various topics which include Indigenous Plant medicines, Indigenous Midwifery, and Indigenous Food Sovereignty. She regularly consults and facilitates Indigenous and POC doula trainings throughout North America. Notably some Indigenous Birth related projects she has been asked to consult on would be the Manitoba Indigenous Doula Initiative (MIDI) beginning with initial research circles and research to assisting in delivering the first urban training as well as the first Indigenous community training. Other notable mentions would be Sister Web in San Francisco, Saskatoon Mother Centre, and 2 more developing Saskatchewan Indigenous Doula Initiatives.

Glenda has mastered her workshop presentation and facilitation skills through 10 years of experience speaking to large and small audiences of tens of thousands of attendees on issues related to Indigenous Women and MMIWG, Indigenous Plants as Food and Medicine, Indigenous Agriculture, Indigenous Birthing, Indigenous Migrations and Spiritual Running, Indigenous Seeds and Food Sovereignty, and Indigenous Voting in Saskatchewan.



**Day 1- History of Indigenous Food Systems**  
**Opening Prayer**

- Introduction Circle- Answering 2 Whys**
- Origins of the Colonized Palate: Introduction to Indigenous Food Security and Sovereignty**  
 Looking into the impact of colonization and introduction of ration foods into Indigenous communities
- Indigenous Peoples Caught in the web of Global Food Systems**  
 Examining the food system within a home-work of a global context but bringing to light how these systems impact Indigenous peoples and communities.

**Lunch**

- Revitalizing Indigenous Agriculture Project (RIAP): Food and Plants as Medicine**  
 Glenda will share her work. In developing RIAP workshops were part of a pilot project that embed a ceremonial protocols and teachings of planting and nurturing seeds. The project goal had been to create a community of Indigenous growers who are dedicated to reclaiming Indigenous Food Systems through revitalizing harvesting and gardening traditions related to Indigenous food sovereignty and security. Workshops were intended to educate and increase the capacity of community members to grow and use their knowledge gained to strengthen traditional practices of gardening and harvesting.
- Indigenous Survival Foods**  
 Have you ever wondered what your Indigenous ancestors did to survive long winters? What were Indigenous survival foods? This workshop looks at 50+ native prairie and boreal plants for food.

**Daily Closing Circle**

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**Day 2- Indigenous Seeds and Traditional Gardens**  
**Opening Prayer**

- 1. Indigenous Seeds and Traditional Gardens**  
 Participants will learn about the history of Indigenous food trade systems and the importance of caring for seeds.
- 2. Kistemaw: Growing our Sacred Tobacco**  
 Participants will learn how to start tobacco in small containers and how to grow for seed or traditional smoke.
- 3. Community Garden Discussion: Growing our network, Growing for Seed**
- 4. Circle of Survival- Our Food and ancestral practices in 6 Seasons**  
 Building Food Sovereignty

**Closing circle**


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**Indigenous Cultural Resurgence & Decolonizing Our Colonized Palate**

Glenda Abbott


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**Glenda Abbott**  
 Nehiyaw-Plains Cree  
 Pelican Lake First Nation  
 Treaty 6



- Educator
- Indigenous Program and Curriculum Development Specialist
- Traditional medicines, indigenous gardening, heritage seeds and ethnobotany
- Traditional Birth Knowledge Keeper
- Revitalizing Indigenous Agriculture Project- WHIP
- Mother of 2 sons- 21 years old and 19 years old

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**Food Sovereignty**


"Food Sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems."

**La Via Campesina** - This global peasant movement, unites people to fight injustice in the food system.

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**FOOD SECURITY IS A GOAL WHILE FOOD SOVEREIGNTY DESCRIBES HOW TO GET THERE.**

- Food sovereignty is rooted in grassroots food movements.
- Food sovereignty highlights the need for a democratic food system one that involves inputs from citizens as well as producers.
- Food security is concerned with the protection and distribution of existing food systems.



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Poverty and food insecurity are disproportionately higher Aboriginal children in Canada.

One in FOUR Aboriginal children in Canada is growing up in poverty. In 2013, 33% of total poor kids were Aboriginal (though they make up only 1% of the population).

The Aboriginal population carries a disproportionate burden of nutrition-related illness, including nutritional deficiencies, stunted growth, obesity, and type 2 diabetes.

Food insecurity for Aboriginal children (and adults) living on and off-reserve ranges from 21% to 32%, compared to 3% to 9% for non-Aboriginal Canadians.

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### The Five "White Gifts"

Reserves were well established and the lands that were given did not have a lot of wild life to hunt and fish. The government gave out ration boxes to families on reserve. In the boxes were the 5 white gifts which became "staples" in families homes.

- Pass-Permit Systems
- Mass Starvation
- No bison

AVOID OR USE IN MODERATION  
These "gifts" may increase:  
- Blood Pressure  
- Blood Sugar  
- Weight

CARD, SUGAR, SHORTENING, SALT, WHITE FLOUR

\*\* This information has been passed along generously by Jan. Karentzow, Winnipeg \*\*

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### INDIAN ACT and Indigenous governance

- Remove cultural teachings
- Take away family support and influence
- Remove connection to sacred knowledge
- Take away the language
- Strip away ancestral lands and access to our first food
- The first environment and resources the mother and they were the first oppressed
- Displacement of our hearts

When you educate a woman, you educate a nation because traditionally, as Mothers, we are the first teacher. Our level of consciousness will directly influence the next generation.

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### Nutrient Dense Diet Through Ancestral Foods

- If you knew that eating the right foods now could prevent you from developing diabetes or struggling with obesity or having chronic skin rashes later in life, would you eat differently?
- Most people answer with an enthusiastic "Yes!"

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### WESSON PRICE 1930's

- Nutritional research that showed Indigenous peoples around the world who ate ancestral diets were healthy, had better teeth and were genetically strong.
- Those that introduced diets (refined grains and sugars) were developing diet related diseases: deformities, teeth issues and other diseases. Their children and grandchildren were impacted
- **Nutritionism** led to fortified foods rather than education on ancestral diets.
- **25 % of physicians are required for dietary training** but the rest end up prescribing prenatal pills because they don't carry the knowledge of vital prenatal foods. Thoughts are that supplements are an equivalent substitute

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### Ancestral Prenatal diets

- Animals nose to tail, prided fats, seafood in land locked areas through trade
- Low carbs no refined carbs (sugar and flour etc.)
- Vitamins A, B-12, B-6, Zinc, Iron, DHA, Iodine, choline found in food we are told to avoid while pregnant
- More carbs we eat, less micro nutrients
- Ancestral meal plans are nutritionally dense
- Vitamin Pre-form A- only comes from the Liver

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