



Preparing for a Food Emergency

By Lynn Moreau

Did you know that most people do not have enough food and water in their homes to survive for three days? Winter storms will soon be on the way, and it is important to be prepared for any emergencies that can impact on your food supply.

Select a suitable storage location for your emergency food storage such as a cabinet or closet. The location should be cool, dry and dark. The location should not be located near petroleum products such as gasoline, oil or paints as foods (and water) can absorb their smell. The location should be on a high shelf out of the way of potential floodwaters.

There are four things to consider when planning for emergencies; water, food, cooking and food safety.

Water

You should plan to have one gallon of water per person, per day so that you have enough for cleaning and cooking. More may be needed for pets, pregnant women and sick individuals. Replace stored water every 6 months. Know where dry ice

and block ice can be purchased if necessary.

Freezers are grid-dependent and are not a good option for storing foods in an emergency. If your freezer has lost power due to an outage, how can you be sure your food is still safe to eat? Before an outage occurs, freeze a coin in a jar of water. If your power goes out, check the level of the coin in the jar. If it's at the top of the jar your food has stayed frozen. If it's at the bottom, it means the power was out long enough for the water to melt and your food did not stay frozen, so it is no longer safe to eat. Freezers can usually maintain their temperature for 24 hours and fridges will keep food cold for about 4 hours without electricity.

The best foods for emergency storage include unperishable ones that your family regularly enjoys such as canned soup, chicken, fish, beans and peanut butter, canned fruits and vegetables, protein bars, cereal, crackers, dried fruit and nuts, trail mix, beef jerky and dried meats. For hot meals, you may wish to keep other dry goods on hand such as

oatmeal, dried pasta, rice, and dried soups. Consider any special dietary restrictions of your family, and don't forget to plan for your pets! Stock up on condiments especially vinegar-based ones that have a long shelf life such as pickles and sauerkraut. Ensure a manual can opener is available. Remember to protect your food from mice and insects, and from the elements (water) using airtight bins and containers where possible. Plastic or metal containers with sealable lids are ideal such as tupperware.

Cooking

If electricity is unavailable for cooking, never use an outdoor cooking device indoors because of the risk of carbon monoxide poisoning. If you have a fireplace, you can cook over that using a regular pot or can even cook food in the metal cans, as long as they are washed first and the can is open. If you do not have a fireplace, you can even heat items using several candles with a metal rack placed over top, positioned on cans or bricks.

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RESOURCES: Agriculture Programs

SNAPP: Sustainable New Agri-Food Products & Productivity Program

Intake 1 open from November 3, 2022 to January 13, 2023

The Sustainable New Agri-Food Products and Productivity (SNAPP) Program is for northern Ontario agriculture and food producers and businesses. SNAPP will provide up to \$10,000 at 50% cost-share towards the purchase of equipment and/or materials that will result in the creation of innovative food or agricultural products new to the business; enhance productivity and/or improve efficiency or resource use through innovation in the process or technology to improve products or processes; or reduce ecological impact and carbon footprint through innovation in the process or technology while enhancing profitability.

For more information please visit the project website at <https://rainalgoma.ca/snapp/>

GARLIC GIVEAWAY FOR TORONTO FARMERS: Foodshare is providing BIPOC led community gardens in Toronto with garlic and straw. We have a google form for interested folks to sign up. Once they've completed the form, they will receive a confirmation email with details for the pick up. We are doing the giveaway at two different locations this season. One is at Flemo Farm located at 150 Grenoble Dr. and the other is BCI at 500 East Mall. *Some information about the giveaway: - A medium size tote bag of straw for those interested- If the community garden has more than 6 participants, they will be offered a bale of straw- 20 cloves of garlic for individual's - Up to 50 cloves of garlic for community gardens.

Please contact Flemo Farm (Toronto) for more information.

HUNTERS DEER SAMPLE SURVEILLANCE PROGRAM: Government of Ontario Asking for Hunters to Submit Deer Samples for CWD Surveillance Program

The government of Ontario is asking hunters to submit deer samples as part of its Chronic Wasting Disease (CWD) surveillance program to allow for early detection of the disease.

Hunter samples from harvested deer are critical in Ontario's efforts to detect CWD - a fatal, untreatable brain disease that affects members of the deer family, including white-tailed deer, elk, moose and caribou.

In 2022, the ministry will be doing surveillance in three target regions from October until the end of December:

- Eastern Ontario in Wildlife Management Units (WMUs) 48, 55B, 58 and 59.
- Southern Ontario in WMUs: 72A, 72B, 73, 77A, 77B, 77C, 78A, 78B, 78C, 78D and 78E.
- Southwestern Ontario in WMUs 90B, 91A, 91B, 92A, 92B, 92C, 92D, 93A, 93B, 93C

Please contact your local MNRF office for more information.

SARPAL PROGRAM to open in March

The Species at Risk Partnerships on Agricultural Lands (SARPAL) Program will have a 2023 intake open from March 1 to March 8, 2023.

Eligible invoice dates for this intake will be April 1, 2023 to December 15, 2023.

NEW for 2023:

- A limit of 1 submitted application per farm business will be eligible for cost-share funding (for this intake only; projects submitted under previous SARPAL intakes do not count towards this limit).
- Eligible delayed haying applications must demonstrate a "high" categorization on the Rating for Grassland Birds self-assessment (see page 12).

2023 program details will be posted as soon as they are available, however the 2022 brochure remains a valid resource, and is available at <https://www.ontariosoilcrop.org/oscia-programs/sarpal/>.

If you have questions about the SARPAL program, please contact us at sarpal@ontariosoilcrop.org or 519-826-4214.



11TH NOVEMBER
REMEMBRANCE
DAY *Lest we forget*

Poppy images: Lily Armstrong Creations

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Remembrance Day

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Lest we forget





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Food Safety

A freezer that is half full will keep food frozen for 24 hrs. Any food that has been in a freezer for longer than 24 hrs should be thrown out. Any thawed food that has been unrefrigerated for longer than 2 hours should be thrown out.

If you experience a flood, anything that has been in contact with floodwaters should be discarded, except for commercially canned food. These cans should be disinfected prior to consumption by washing them with warm water and soap and then boiling them with a bleach and water solution for 15 minutes.

When in an emergency, remember to keep your cooking and eating utensils clean and dispose of leftovers.

Do not store perishable foods outdoors in the snow in a snowstorm as it may be exposed to animals and bacteria. Instead use the snow or ice to add to your freezer.

If you need to eat pre-packaged and non perishable foods for longer periods of time, it may be useful to make a probiotic or lacto-fermented product such as kimchee or sauerkraut. This is because foods from a can are essentially "dead" and although they will keep you alive, they may have detrimental impacts on your probiotic health. Probiotic enzymes will keep your intestines working properly.

After a disaster or emergency, throw out perishable food that has not been frozen properly due to power outages, food that may have come into contact

with floodwaters, or food with an unusual smell, colour or texture.

Get started on your emergency food planning by purchasing a few extra items on each grocery outing. In this way you can gradually prepare for food emergencies. Plan to be food secure!

Useful Links:

<https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency#prepare>

<https://www.canada.ca/en/public-health/services/emergency-preparedness.html>

<https://www.ontario.ca/page/apply-emergency-assistance>

<https://www.ontario.ca/page/apply-disaster-recovery-assistance>



The Anishinabek Nation is committed to working with the Ontario Ministry of Agriculture, Food and Rural Affairs to deliver services to Anishinabek Nation citizens and communities, including the provision of agricultural information, information on food sovereignty and security, food related research and advocacy, agricultural related economic development, education and training, and to assist in agricultural law and policy development.

The Anishinabek Nation will employ a variety of strategies to reach these goals, one of which is the establishment of an Agricultural Information Portal for Anishinabek Nation citizens to be able to access a variety of agricultural information and funding opportunities.

The Anishinabek Nation has also created an online food map to enhance opportunities for networking for food producers and processors. We are pleased to make these products available to our citizens and we look forward to continuing to assist you with agricultural development in your communities.

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www.anishinabekagriculture.ca/

UPCOMING EVENTS



KIIN MIINWAA ENDADIZIWINAN: LANDS & RESOURCES

OVERVIEW

The Lands and Resources Department was established within the Anishinabek Nation in the spring of 2007. Currently, there are four program areas with staffing capabilities. These include: Water Resources, Minerals and Mining, Trapping, and Canada Ontario Resource Development Agreement.

MISSION

The Lands and Resources mission is to foster a better quality of life by ensuring access to natural resources by supporting the goals, values and aspirations of the Anishinabek Nation.

GUIDING PRINCIPLES/CAPACITY BUILDING

By creating opportunities our communities are empowered to increase the natural, technical and financial capacity derived and generated from our lands and natural resources."

Jurisdiction and Treaty Rights - "by building and preserving Anishinabek laws within our territories, communities can continue to assert and exercise jurisdiction, implementing ownership of lands, water and resources."

Access to Lands and Resources - "our communities are strengthened by continuous advocacy efforts to increase access to lands and resources."

<https://www.anishinabek.ca/departments/land-and-resources/>



ANISHINABEK NATION MEETINGS

Agricultural Youth Forum, January 17-18, 2023

Lands, Resources & Economic Development Forum, February 14-16th, 2023

2022 EFAO Conference, December 6, 2022

2022 EFAO Regional Gatherings:

- Southwest, Nov. 12, Waterdown, ON
- Northeast, Nov. 26, Sudbury, ON
- Southeast, Nov. 27, Batawa



— ART CONTEST —

TAKING CARE OF OUR LAND AND WATER IN FOOD PRODUCTION

Youth Agricultural Forum | January 2023

We would like to see a one-page color illustration of what Taking Care of Our Land and Water in Food Production means to you. Ages of 12 - 25.

Lands and Resources staff will judge the entries and decide on a winner. The winning image will be used in promotion of the Youth Agriculture Forum.

Prize is 3 Anishinabek Nation swag related items. Entries due by November 23, 2022.

Send entries to lynn.moreau@anishinabek.ca

CALL OUT For Youth

Seeking Anishinabek Nation youth from each community to get involved in helping to plan the Youth Forum taking place in January.

The Agriculture Program is seeking interested youth from each community to participate in a Youth planning session for the Youth Forum scheduled for January 2023.



Follow us!

www.anishinabek.ca

For information contact
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MNIDOONS GIIZIS OONHG (LITTLE SPIRIT MOON) – NOVEMBER

The twelfth moon of Creation is the Little Spirit Moon, a time of healing. By receiving both vision of the spirits and good health, we may walk the Red Road with purest intentions, and we can share this most positive energy with our families and friends for the good of all.



LYNN MOREAU is a Lands and Resources Program Coordinator with the Anishinabek Nation where she is responsible for the Agriculture Portfolio. Originally from Callander, Ontario, Lynn now lives in Bonfield where she is co-owner of Green Legacy Farm with her husband Dean. Lynn holds an Environmental Science degree from Trent University and a Fish and Wildlife Technician Diploma from Sault College. Lynn can assist with funding application processes and has agricultural experience in vegetable and perennial growing, chicken farming, maple syrup production and aquaculture.



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