



# COVID-19 Pandemic: Ideas to Support Community Emergency Food Planning and Long Term Food Security & Sovereignty

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## Short Term

### **Build and Support Self Determined Indigenous Nation Food Sovereignty Capacity**

- Support and collaborate to create community food positions to fish, hunt, or harvest food for broader community.
- Support boat owners and food harvesters to gather food for community
- Connect with local farmers in your area to buy food, seeds and starter plants
- Hire community cook for meals on wheels
- Find and source out space to plant community, individual and/or victory/resiliency gardens

### **Quick solutions for immediate resolution of hunger**

- Pool money to buy fresh veggies, fruits, protein rich foods and staples (through food distributors or local grocers)
- Support or have food staples or good food boxes delivered every 2 weeks
- Grocery gift cards
- Link in with local food programs for donations of fresh fruits and vegetables; connect with food bank, hubs, food share network and others
- Meals for elder's and children out of school (*Jordan's Principal has changed guidelines to include food security during the pandemic*)
- Regular distribution of cooking essentials spices and oils, stock pot, frying pan, measuring utensils + community kitchens
- Promote breastfeeding and secure infant formula, or breastmilk from bank
- Recipes and cookbooks if people are getting food that is new to them

## Mid Term

### **Employing a full time food sovereignty coordinator to provide food and food skills for community:**

- a) Coordinate and support hunters, fisherman and harvesters to get food to community, whole or in prepared meals.
- b) Workshops with social distancing or using technology such as video (YouTube):
  - dehydrating, smoking, deer skinning/butchering, fish cleaning canning
  - workshops: stews, fruits/veg, jam, pickling, etc., connect with RD or find community food champion
- c) Connect with local farmers for land, produce and collaborations

d) Explore Good Food Box; connect with food hubs and RDs for support

### **Technology to support long term food skills**

- Cooking and food skills videos/videoconference to nations
- Recipes/cookbook demos
- Cooking for whole community, add a mentoring component
- Planting traditional medicine planter boxes with information on FB live
- How to build your own garden virtual workshops
- Breast feeding promotion/awareness

## **Long Term**

- Traditional foods/plants pantry for emergencies and schools/elders, managed by food sovereignty coordinator
- Traditional plant medicine teaching gardens
- Restore local and indigenous food systems through the above to support regular access to Indigenous foods and local foods

## **Benefits**

- Cultivate local traditional foods
- Increased sense of identity and wellness
- Long term food security
- Mentorship from Elders and knowledge keepers
- Fresh, nutritious food, immune strengthening
- Relaxing, good for self-isolation
- Good physical activity
- Self-sufficiency; less trips to the grocery store = less risk of infection
- May decrease rates of chronic conditions such as diabetes, obesity, and heart disease

## **Resources**

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FNHA Canning Guide: <https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-Canning-Foods-Your-Guide-To-Successful-Canning.pdf>