

Growing Hope in Northern Manitoba's Aboriginal Communities



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Presentation Outline

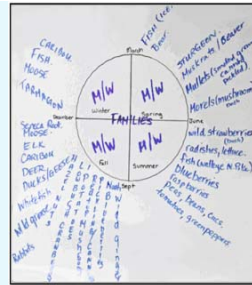


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1. Introduction
2. Mixed Methodology and findings
 - Food Security Survey Method and Results
 - Food Costing Survey Method and Results
 - Participatory Research and Results
4. Participatory video clip at <http://vimeo.com/8114019>
5. Conclusions and Recommendations



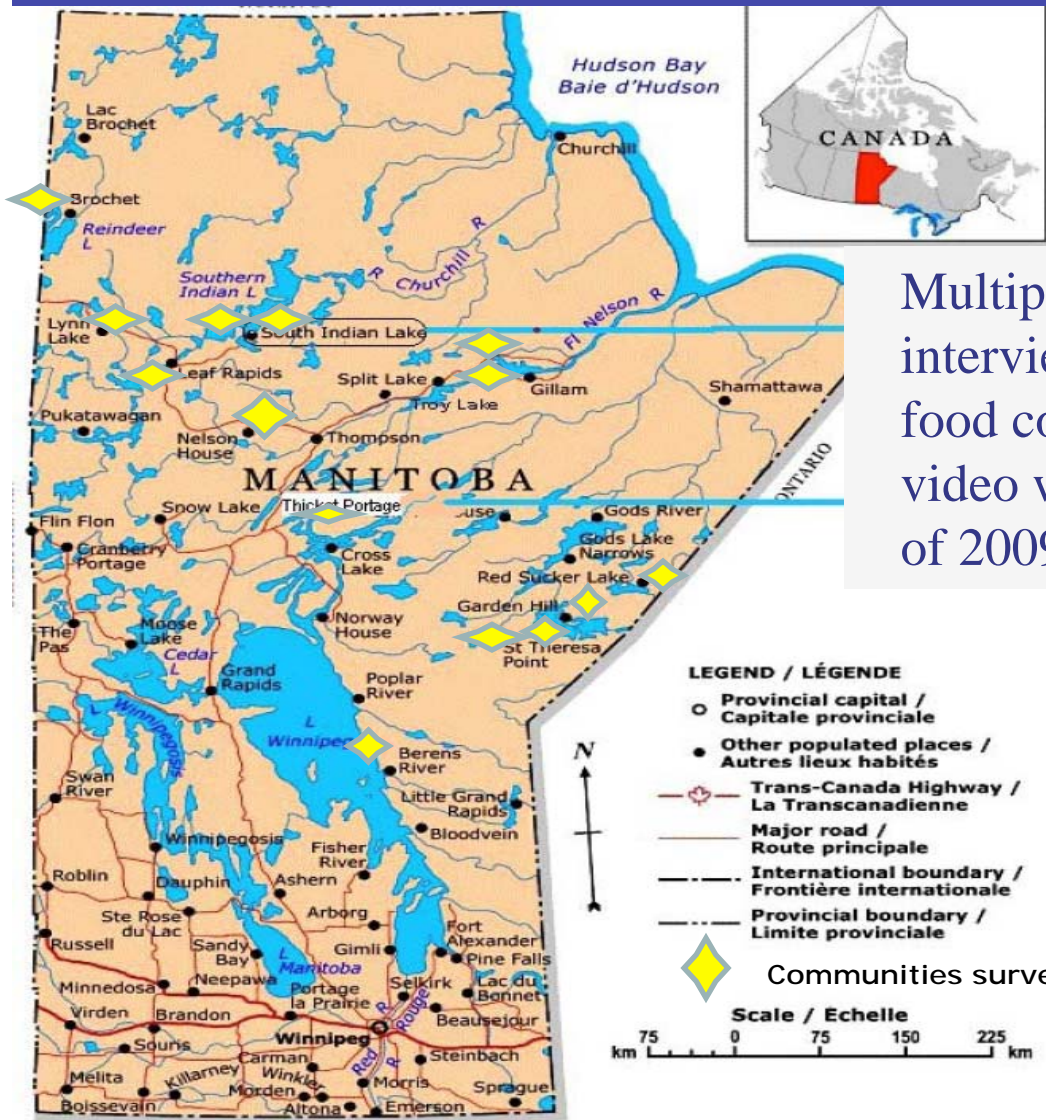
1 Introduction



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- Food security implies physical and economic access to sufficient healthy, safe, nutritious and culturally accepted food at all times (World Food Summit 1996: 1)
- Community food security: “a situation in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice” (Hamm & Bellows, 2003).
- This analysis began as a CIHR funded evaluation of Manitoba’s Northern Healthy Food Initiative (NHFI) and is now a SSHRC funded analysis of community food development in Northern Manitoba.

1.2. Study area



Multiple methods including: interviews, household surveys, food costing and participatory video were conducted in summer of 2009 in 14 communities.

LEGEND / LÉGENDE

- Provincial capital / Capitale provinciale
- Other populated places / Autres lieux habités
- Trans-Canada Highway / La Transcanadienne
- Major road / Route principale
- International boundary / Frontière internationale
- Provincial boundary / Limite provinciale
- ◆ Communities surveyed

Scale / Echelle

75 0 75 150 225 km

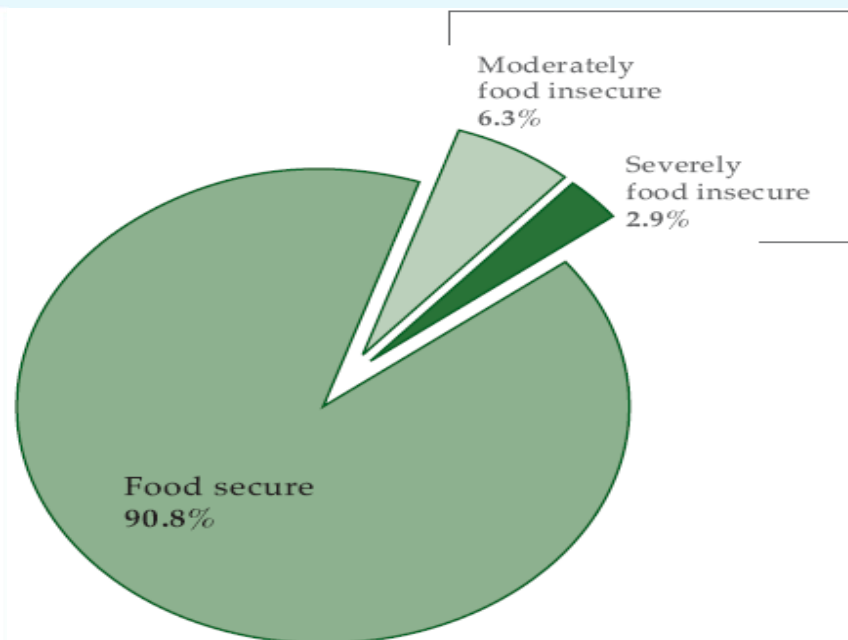
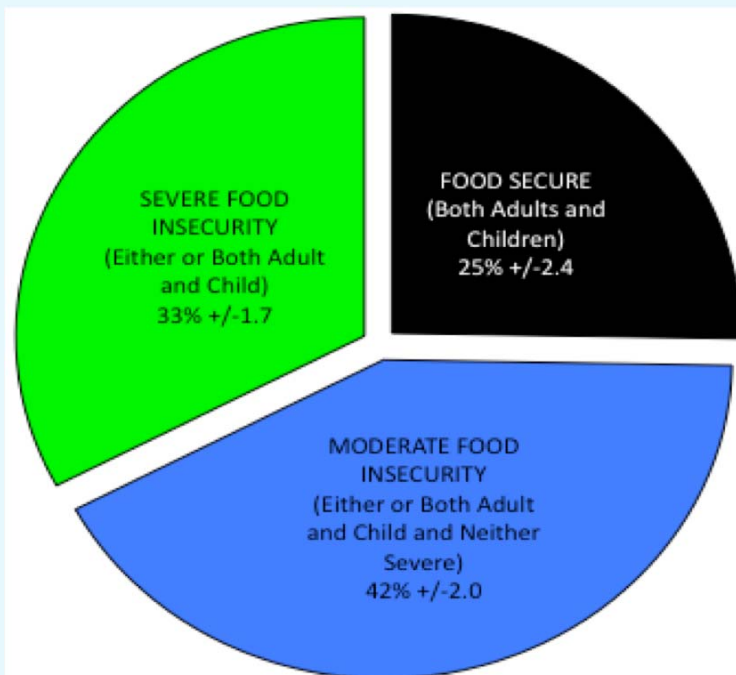
2 Methodology and Findings – Household food survey



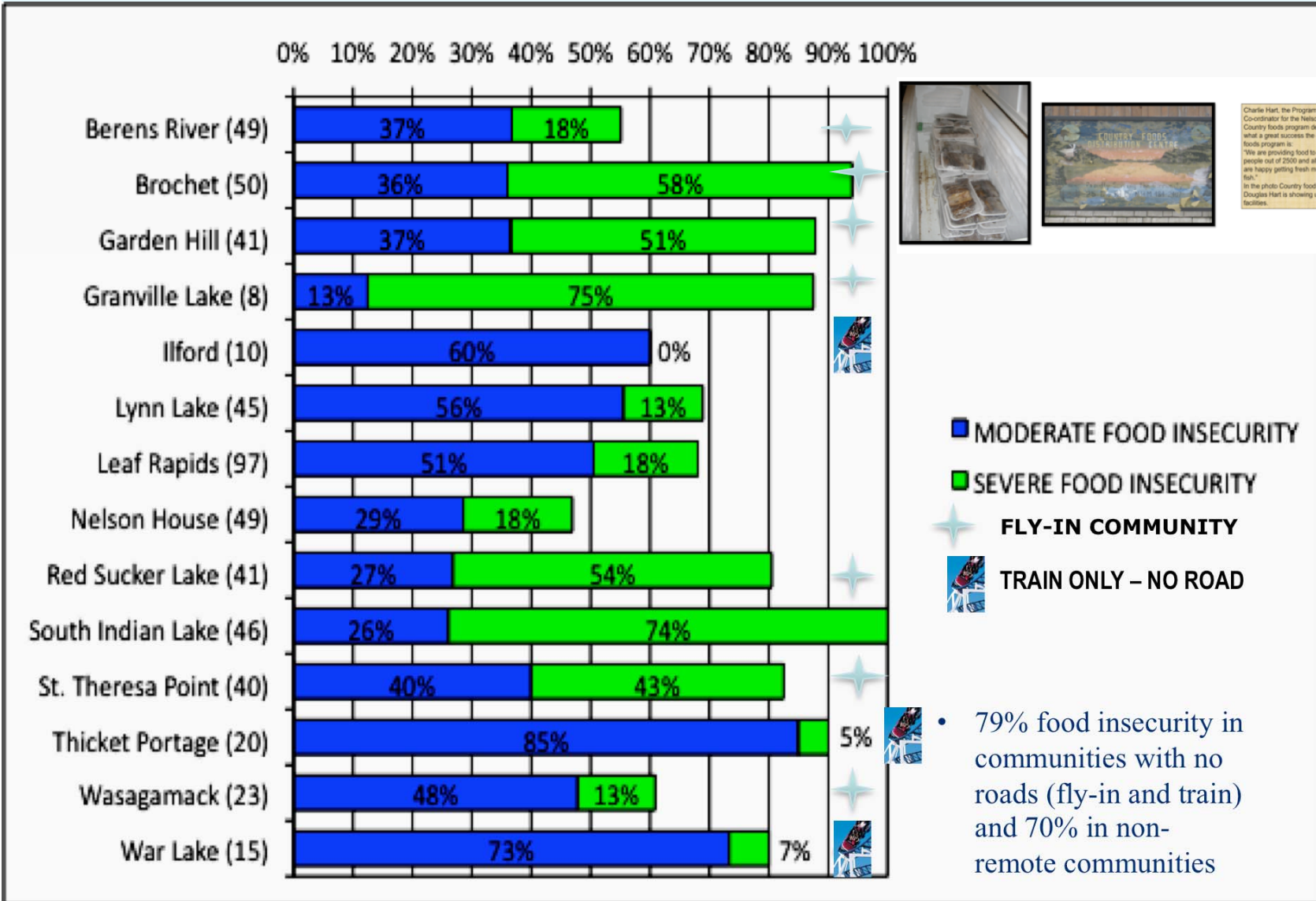
- A scientifically-grounded 18-item food security module of the CCHS 2.2 made up of 10 adult and 8 child related questions (Bickell, Nord, Price et al. 2000, Health Canada, 2007: 45-49) .
- 534 household surveys in 14 communities (approximately 50 each).

75% Household Food Insecurity in Northern Manitoba Communities

Food insecurity in Northern Manitoba 8X Canadian Rate



2.1. Results: Household Food Insecurity Rates in 14 Northern Manitoba Communities



Charlie Hart, the Program Co-ordinator for the Nelson House Country foods program describes what a great success the country foods program is: "We are providing food to 1500 people out of 2500 and all of them are happy getting fresh meat and fish." In the photo Country food staff Douglas Hart is showing us their facilities.



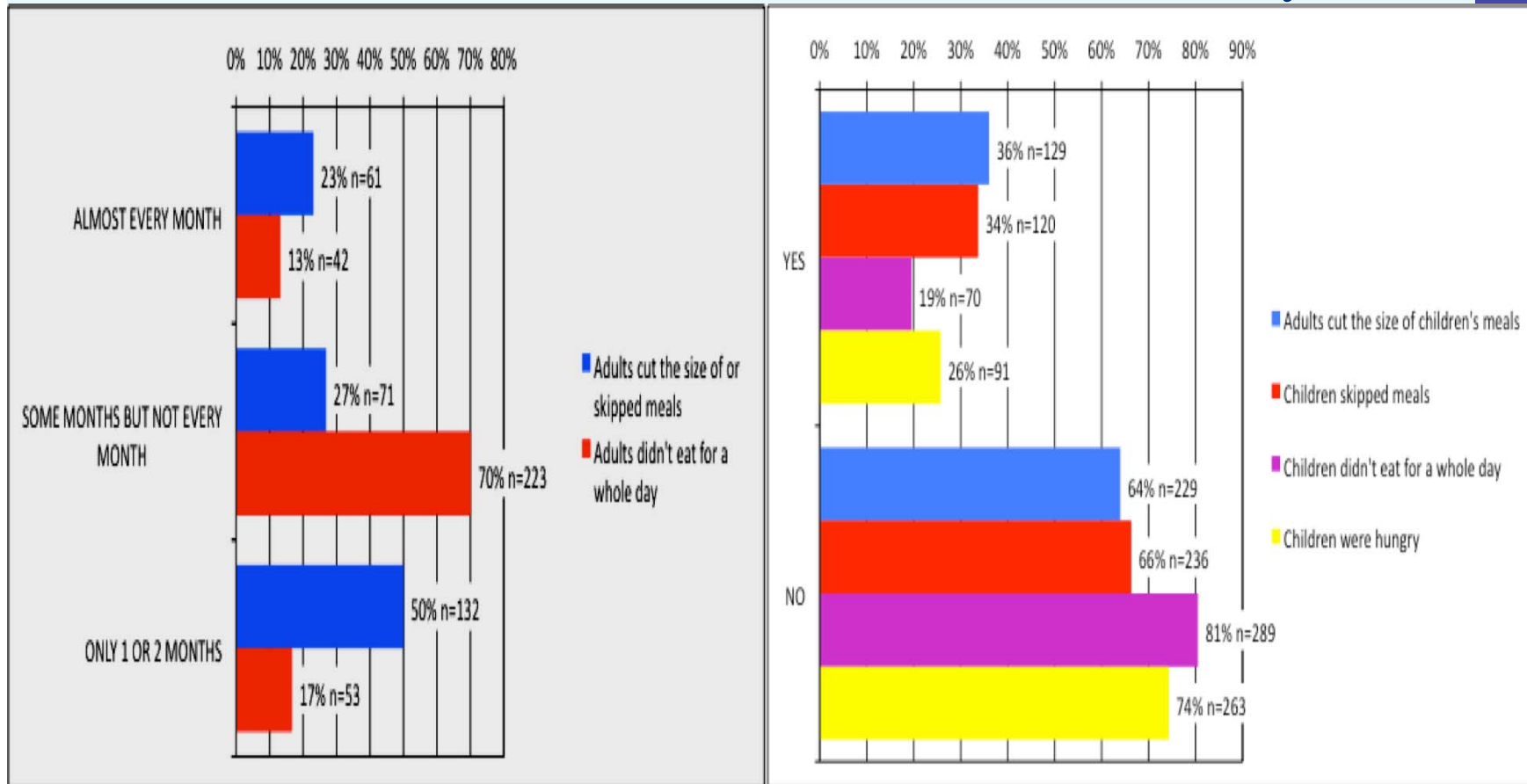
- MODERATE FOOD INSECURITY
- SEVERE FOOD INSECURITY
- ★ FLY-IN COMMUNITY
- TRAIN ONLY – NO ROAD

- 79% food insecurity in communities with no roads (fly-in and train) and 70% in non-remote communities



2.2. Selected results – Food security

- 70% of adult household members did not eat for whole day due to lack of food & money
- 19% (1 in 5) children did not eat for whole day due to lack of food & money.



2.3. Method: Food Costing Survey

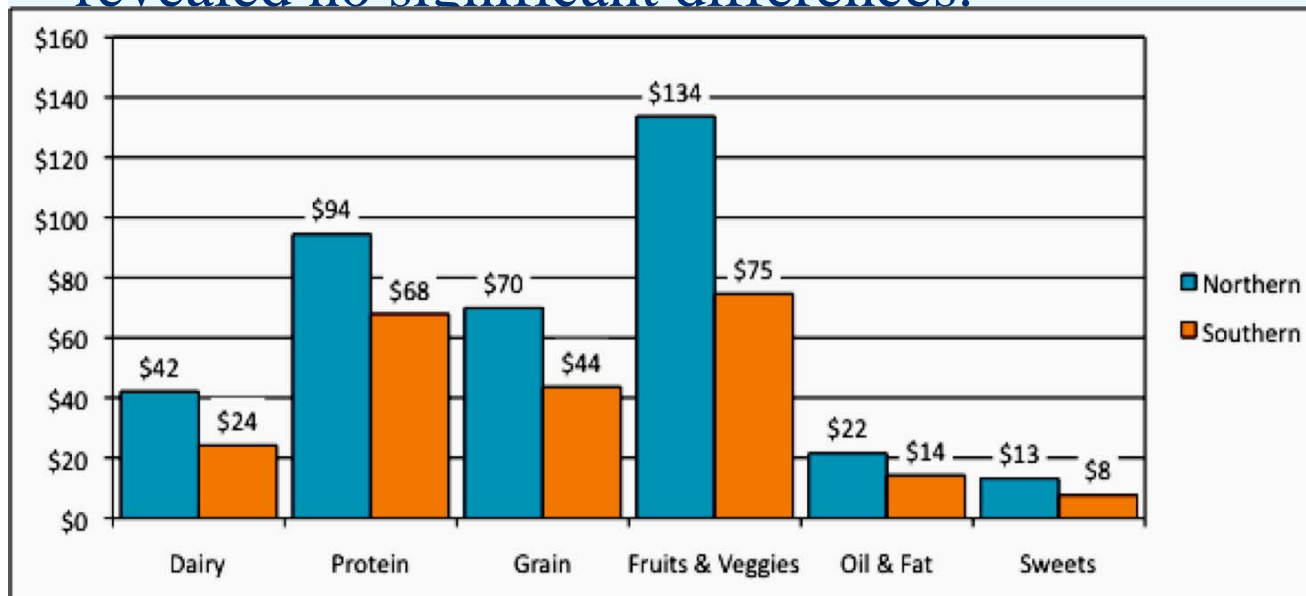


- Recorded prices for 66 items of national nutritious food basket (NNFB) for each store in the study area
- Compared NNFB and few key items' average difference for southern Manitoba (n=16) to north (n=22) and northern remote to non-remote.
- Applied a Wilcoxon test using the Statistical Package for the Social Sciences (SPSS), v 16.



2.4. Results - Food Basket Prices

- Food basket price was 60% higher in northern Manitoba (\$375) compared with southern Manitoba (\$233)
- Stores in remote settings averaged \$417 for a NNFB while in non-remote settings the NNFB averages \$302.
- NNFB cost in Northern Stores among 14 communities revealed no significant differences.

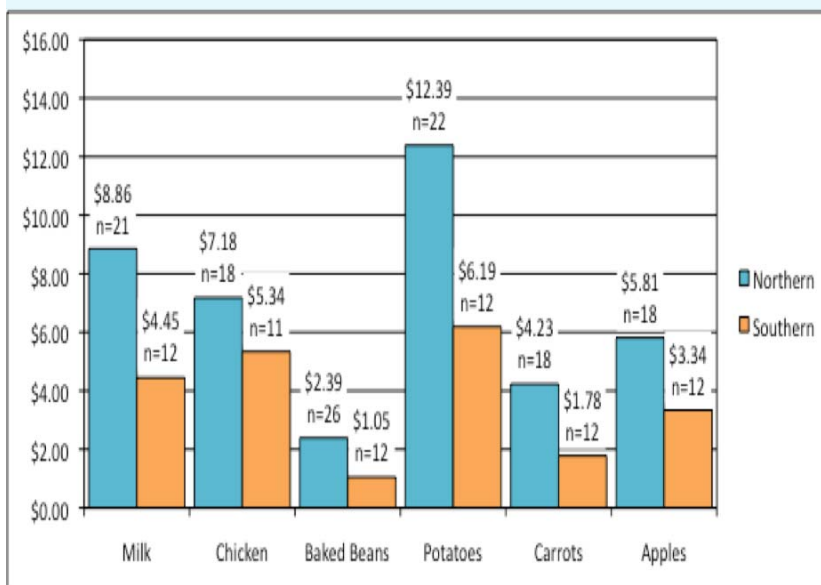


Cost of fruits and vegetables almost 2x more in Northern Manitoba than Southern.

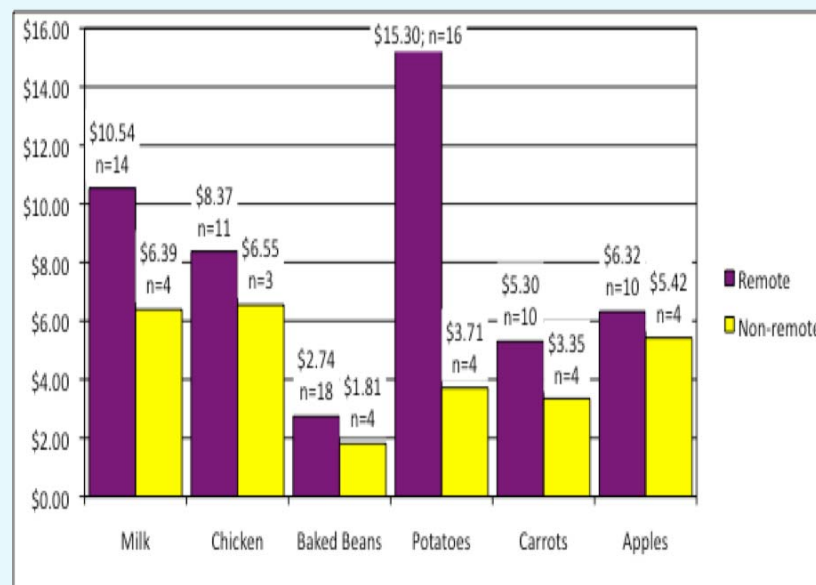
2.5. Results - Prices for Basic Foods



Cost of basic food between north & south

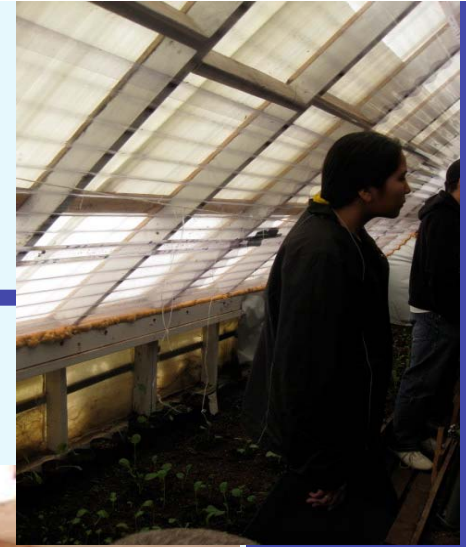


Cost of basic food between remote & non-remote



- In remote regions fruits and vegetables were more costly
- These foods also were more costly in remote compared with non-remote regions: milk (38%), chicken (24%), potatoes (76%) and baked beans (34%)
- Remote Northern Manitoba communities paid 33% more than non-remote Northern Manitoba communities.

Greenhouses



Cherryvale Greenhouse Highlights

- **1640 sq.ft external footprint of main area 100 sq.ft external footprint of storage/potting shed space that serves as an air-lock chamber in cold weather.**
- **Structure Back, side and foundation walls will be built with poured solid concrete and insulated on the outside with 2" rigid foam.**

Cherryvale Greenhouse

- **Hot water heating coils that would run through the wood stove**
- **Lighting Options Sodium lamps are very long lasting and appear to provide**
- **Rainwater Collection and Irrigation**
A 2200 gallon concrete cistern is proposed to collect rainwater from the roof. A very simple gravity drip system from the cistern can be used for in-ground plantings.

2.6. Methodology – Participatory Video (PV)



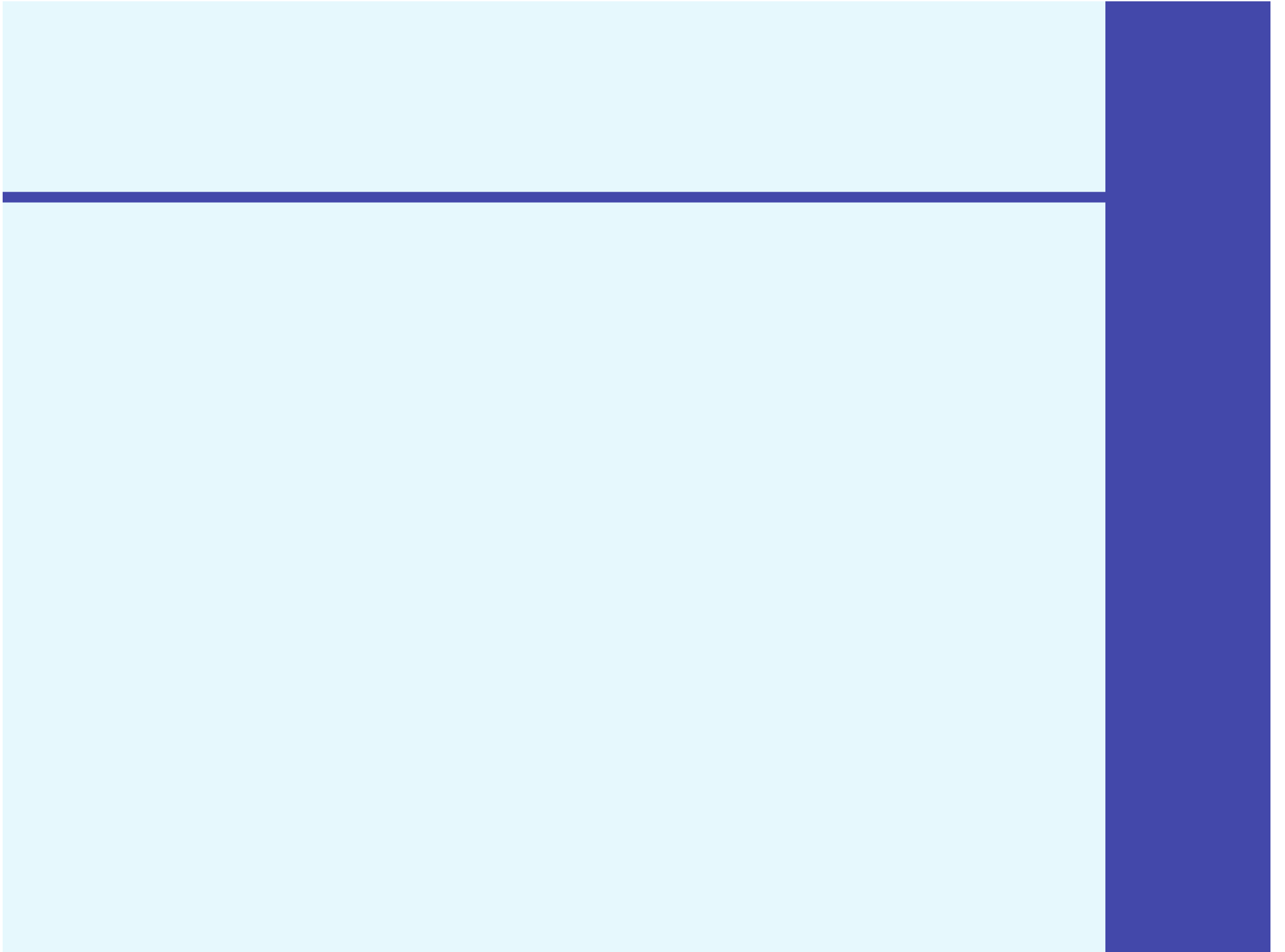
- PV involves a group or community in creating their own film.
- Workshops in six Northern communities on PV provided feedback to video and engaged people in telling their own stories about food.

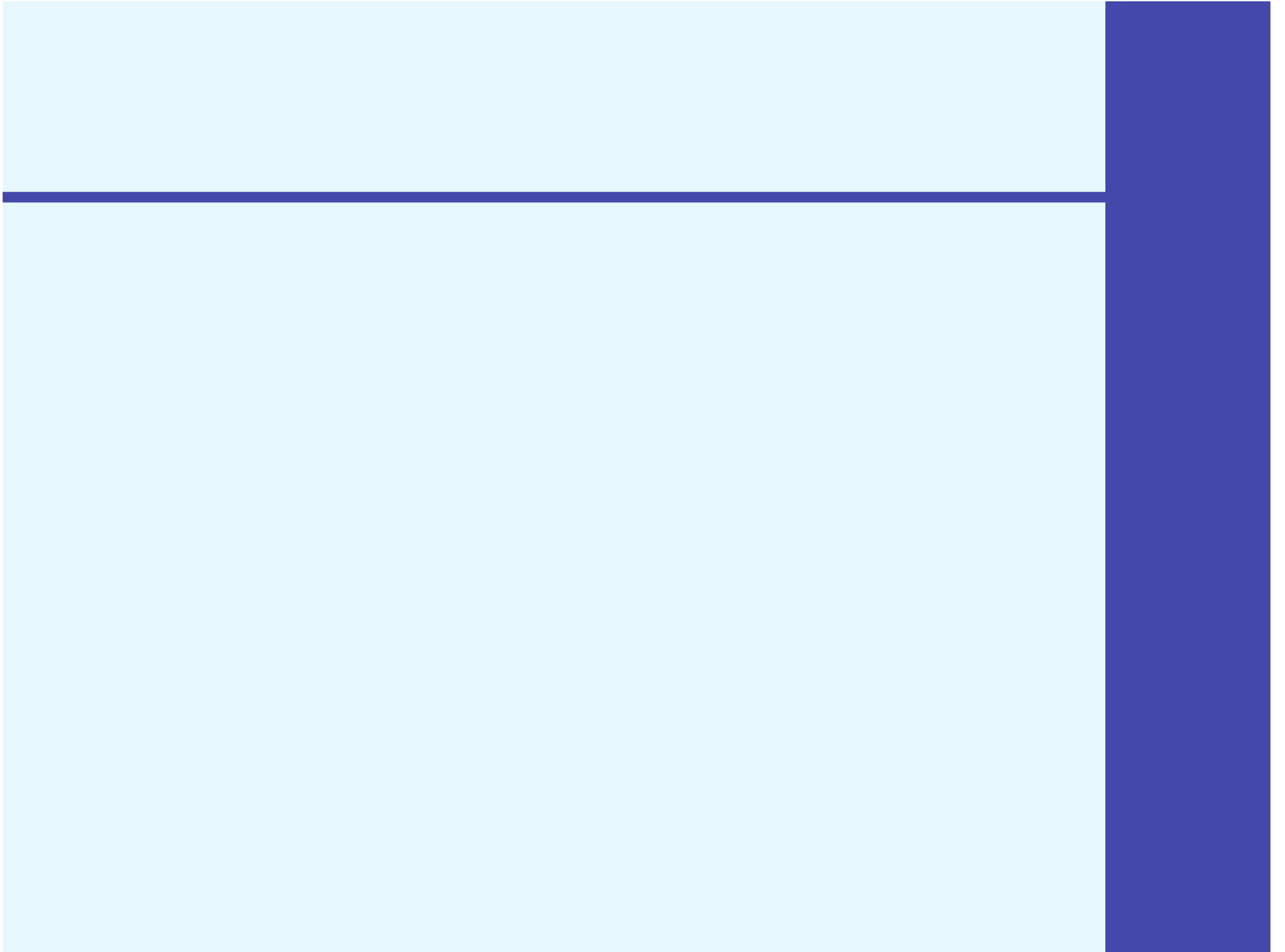


See **Growing Hope** video trailer (8 min) or 22 min. at

[http://
home.cc.umanitoba.ca/
~thomps04/](http://home.cc.umanitoba.ca/~thomps04/)











3. Conclusion and Recommendations



- Food insecurity in Northern Manitoba is more than eight times the Canadian average. Reduced food intake and disrupted food patterns or reduced food quality or quantity are prevalent.
- Northerners pay more than one-third for NNFB compared with southerners (\$375.12 in North & \$417 in Fly-in/remote communities). Elevated prices due to freight costs and lack of storage, processing facilities and supports for country foods.
- Northern Manitoba communities are growing and harvesting hope, without ploughs or much support. Community efforts should be supported through funding, training, infrastructure and job creation related to country foods.
- Programs similar to Nelson House Country food programs which hires 7 people to hunt, fish and garden for community use are needed in all northern communities.

3.1 Acknowledgements



First Nation (FN) communities, including War Lake FN, South Indian Lake FN, Nelson House FN, Berens River FN, Red Sucker Lake FN Northern Affairs communities including Ilford, Cormorant, Wabowden, Leaf Rapids, Lynn Lake, Granville Lake and Thicket-Portage

- Interviewees



Charlie Hart, the Program Co-ordinator for the Nelson House Country foods program describes what a great success the country foods program is:
"We are providing food to 1500 people out of 2500 and all of them are happy getting fresh meat and fish."
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