



Assembly of First Nations

Food Policy for First Nations

Presented at Growing Local Conference

Food Matters Manitoba

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of First Nations (AFN)

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www.afn.ca



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Objective

- Explore what is food policy, how it is relevant to First Nations communities and how it directly affects First Nations

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About AFN

- Is a representative organization for more than 630 First Nation communities in Canada
- The Chiefs meet annually to set national policy and direction through resolution

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Health & Social Secretariat (HSS)

- Mandate
 - **We are responsible to protect, maintain, promote, support, and advocate for our inherent, treaty and constitutional rights, (w)holistic health, and the well-being of our nations.**
 - This will be achieved through policy analysis, communications, and, most importantly, lobbying on behalf of, representing, supporting, and defending First Nations' communities and individuals to **ensure properly funded services and programs are delivered at the same level enjoyed by all Canadians.**
 - The ultimate goal is **First Nations' control of the development and delivery of all health and social services,** and programs.

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Quick Icebreaker:

What is your favourite food?

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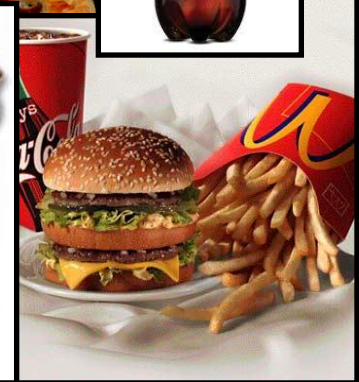
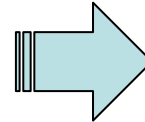
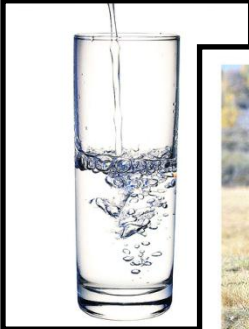
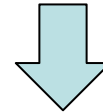


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HOW DID WE GO FROM

THIS!

TO THIS?!



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What is a Policy?

- A policy are rules that guides our decisions/actions to make rational outcomes.
- A policy:
 - Outlines **rules**
 - Provides **principles** that guide actions
 - Sets **roles and responsibilities**
 - Reflects **values and beliefs**
 - States an **intention** to do something

Adapted from “Thought about food? A workbook on Food Security & Influencing Policy.”

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Why would a policy be developed?

- Basic needs are not being met
- Inequity and unfair treatment
- Current policies/laws are not enforced/
effective or exist
- Current situation may result in threat to public
health, safety, education or well-being

Source: "Thought about food? A workbook on Food Security & Influencing Policy."

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What is food policy?

- **A food policy is a plan of action to meet a society's food and nutrition needs**
 - It is a legislative or administrative decision made by a government agency, business or organization which effects how food is produced, processed, distributed, and purchased. A food policy is designed to influence the operations of the entire food and agricultural system

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What is Food Policy?

- Considerations:
 - A food policy is extremely complex having to incorporate the challenges presented by health, environment and social justice
 - A food policy must also reflect the values and traditions/beliefs of the population it serves.
 - A food policy must address the four dimensions of food security: access, availability, utilization and the long-term stability of the other three dimensions.

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Examples of Food Policies

- A decision by school officials whether to purchase foods raised by local farmers;
- A decision to ban junk foods in schools;
- The eligibility standards that allow low-income residents to participate in food assistance programs;
- The regulatory health and safety requirements for food based business;
- Food ingredient labeling;
- Laws regulating the use of production contracts by corporate meat and poultry operations;
- The percentage of a food ingredient which qualifies a food product as being "organic".

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Why do we need food policies?

- Food insecurity is an important public health issue in Canada (especially First Nation communities) and a key social determinant of health
 - Obesity
 - Childhood Health
 - Diabetes
 - Cancer, etc.
- The current food system is not managed in the public interest
- Canada does not have a coordinated approach to government policies that address food, nor do they adequately prioritize the needs and wishes of the majority
- Food policy would address environmental degradation & contamination concerns
- Community food security promotes social equity as a basis for full participation in the food system (Dieticians of Canada, 2007).

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Why food policy? Con't...

- Household Food Insecurity is greater in Aboriginal households than non-Aboriginal households
 - In Canada, 33% of Aboriginal households are food insecure compared to 9% non aboriginal households
 - In 3 northern communities, > 70% households experienced food insecurity
 - In BC First Nations study: 41% of FN households were affected by food insecurity
 - In MB, 49% First Nations indicated in the RHS that “the food purchased did not last and there wasn’t enough money to get more” in the past 12 months.

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How do we meet the goals of a food policy?

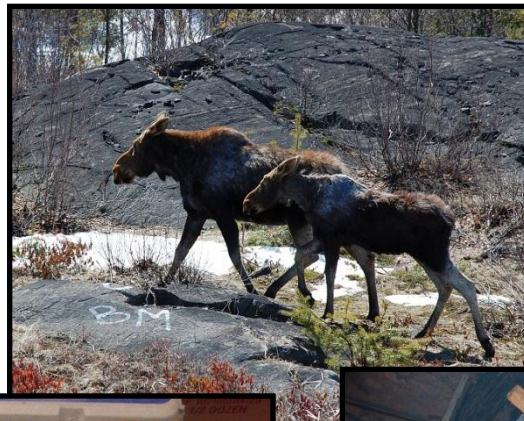
- Policy tools are actions that help a community, government, organization, etc. achieve the goals of its policy. The following is a list of possible policy tools:
 - Information
 - Education
 - Legislation
 - Regulation
 - Guidelines
 - Standards
 - Procedures
 - Programs
 - Grants
 - Subsidies
 - Expenditures
 - Taxes
 - Public Ownership

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Special considerations for First Nations Food Policy



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Special considerations ...

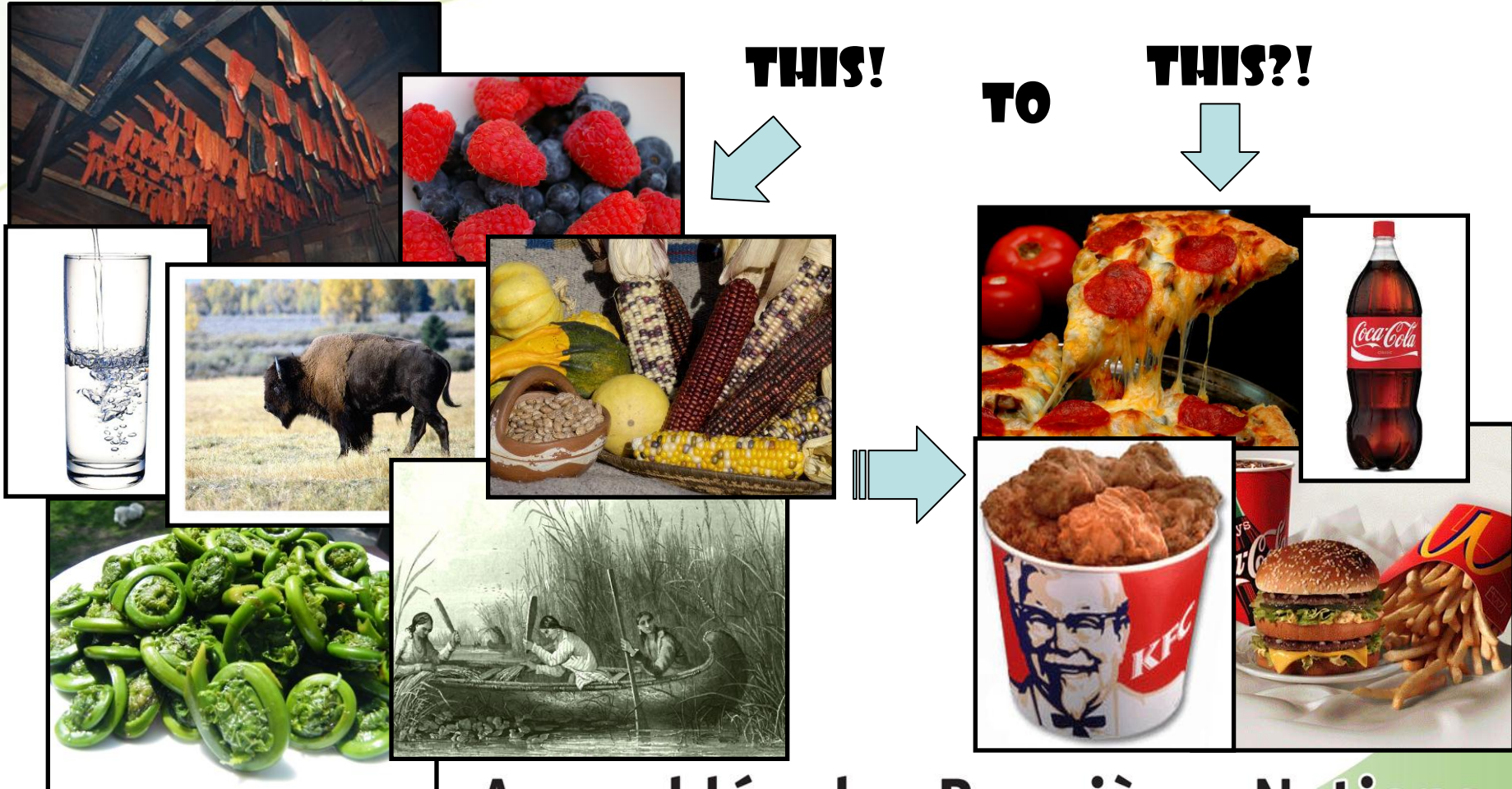
- Aboriginal & Treaty Rights
- Traditional foods – hunting, fishing, gathering
- Cost of hunting, fishing, gathering, etc. (this is NOT free!)
- Importance of traditional foods in First Nations cultures
- Access to land
- Rising cost of food – especially in northern, remote and isolated communities
- Environmental factors
 - Climate change, contaminants, endangers/extinction of species, etc.
- Health concerns - high rates of diabetes, obesity, heart disease, cancer, etc.
- Lose of interest in procurement and eating of traditional foods
- Food safety, food sharing networks & community feasting

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Examples of personal food policies:



“MAKE AND TAKE YOUR OWN LUNCH TO WORK.” MY FATHER HAS ALWAYS DONE THIS, AND SO HAVE I. IT SAVES MONEY, AND YOU KNOW WHAT YOU ARE EATING. — HOPE DONOVAN RIDER



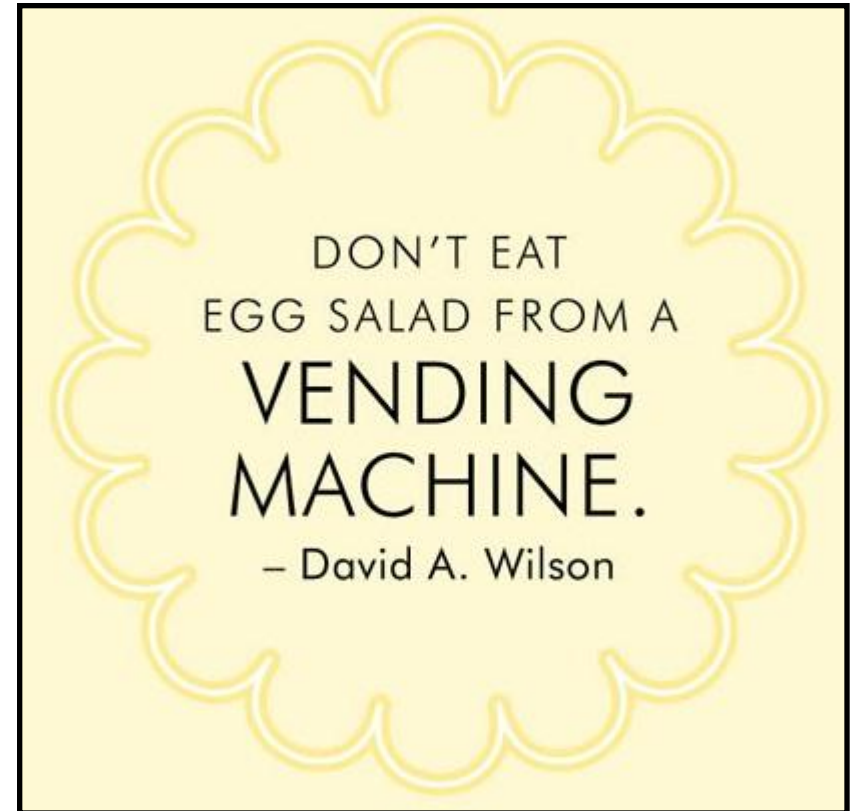
**AVOID SNACK FOODS WITH THE “OH” SOUND IN THEIR NAMES:
DORITOS, FRITOS, CHEETOS, TOSTITOS, HOSTESS HO HOS, ETC.**

- DONNA DAVID

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Develop a Food Policy Development Strategic Plan!

- Structure:
 - Vision
 - Mission Statement
 - Goals & Actions
 - Resources (human & otherwise)
 - Execution
 - Timeline

Use the 5W+H

- What?
- Why?
- Who?
- Where?
- When?
- How?

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Thank you!
For more Information

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