COMMUNITY FOOD SECURITY IN PICTOU LANDING FIRST NATION

Social Sciences and Humanities Research Council of Canada

Conseil de recherches en sciences humaines du Canada

The Confederacy of Mainland Mi’kmaq

Community University Research Alliance Activating Change Together for Community Food Security

FoodARC research inspiring change

Mount Saint Vincent University
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ACKNOWLEDGEMENTS
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RESEARCH ETHICS
Research activities described in this report were conducted in compliance with the Mi’kmaw Ethics Watch Research Principles and Protocols and the Tri-Council Policy Statement on Ethical Conduct for Research Involving Humans. The research activities were approved by both Mi’kmaw Ethics Committee and the Mount Saint Vincent University’s Research Ethics Board.

AUTHORSHIP AND CORRESPONDENCE
This project was designed and conducted by Jordan Francis and other members of the community of Pictou Landing, in collaboration with Janna MacKay (Confederation of Mainland Mi’kmaq), Irena Knezevic (lecturer/researcher at FoodARC/Mount Saint Vincent University) and partners from Activating Change Together for Community Food Security, Pictou County Health Authority, and Pictou County Food Security Coalition. Affordability scenarios were produced by Cynthia Watt, Participatory Food Costing Project Coordinator May/2010-August/2013, and in partnership with the Nova Scotia Participatory Food Costing Project (Principal Investigator, Dr. Patty Williams, FoodARC).

All copyright, authorship, and data ownership rights rest with the community of Pictou Landing. Please direct correspondence to Irena Knezevic at irena.knezevic@carleton.ca or irenaknezevic@hotmail.com.

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BACKGROUND AND PURPOSE

This research was collaboratively developed by food security researchers in Nova Scotia and the community of Pictou Landing to explore community food security (CFS) in Pictou Landing First Nation. The project posed the following research questions:

1. What are the key community concerns in Pictou Landing regarding food security?
2. What are some of the ways in which those issues can be addressed and community food security strengthened in Pictou Landing?
3. To what extent are the findings from this work relevant to other Mi’kmaq communities in Atlantic Canada?

Our initial conversations took place as a result of the Activating Change Together for Community Food Security (ACT for CFS) project activities. ACT for CFS is a five-year community-university research alliance based in Nova Scotia that involves over 60 organizational partners from Nova Scotia and across Canada (see http://foodarc.ca/actforcfs/). ACT for CFS proposes a vision of community food security as follows:

Our vision of community food security in Nova Scotia includes access to enough affordable, healthy, and culturally appropriate food produced in socially, economically, and environmentally sustainable ways. It is about creating healthy vibrant communities where there is self-reliance and social justice for everyone.

One part of ACT for CFS work involves conducting “assessments” of community food security in Kings County, Pictou County, Shelburne/Lockeport, and Spryfield, all in Nova Scotia. Pictou County Food Security Coalition, with representation from the Confederacy of Mainland Mi’kmaq is heading and facilitating all community and research efforts in Pictou County. As the ACT for CFS assessment plan developed in the spring of 2012, the Coalition identified a need to better understand issues surrounding Aboriginal food security in Nova Scotia. At the same time, Pictou Landing First Nation representatives became engaged in the conversations and identified the need to see some community-specific (rather than county-specific) data come out of the assessments. Given the unique requirements of research in Aboriginal communities, it soon became apparent that additional resources would be required if a project focusing on CFS in Pictou Landing was to be developed. Researchers and community members came together and generated a research plan that would allow for collaboration with ACT for CFS researchers and partner organizations. A community dinner was held in Pictou Landing on October 3, 2012 to discuss the draft proposal. Over 40 community members (in a community of about 400) attended and contributed their thoughts and concerns, further helping shape the proposal that eventually helped us secure funding for this work.

Past and ongoing research in Pictou Landing has addressed some of the community health and well-being issues; for instance, work is currently being done to better understand environmental contamination in the area (led by Dr. Heather Castleden from Dalhousie University). At the same time, food security research in Nova Scotia has rapidly expanded in scope and intensity over the last decade or so (see for instance, Williams et al, 2012a; Green-LaPierre et al, 2012; The Nova Scotia Participatory Food Costing Project, 2011, 2009, 2006, and 2002; Williams et al, 2010; Carlsson et al, 2008; Green et al, 2008; ). Food security is identified as one of the key social determinants of health (Mikkonen and Raphael, 2010) and is linked to such health outcomes as
obesity (particularly for women: Lyons et al, 2008; Adams et al, 2003; Townsend et al, 2001), oral health (Mobley et al, 2009; Muirhead et al, 2009), and chronic disease (Seligman et al, 2010) including diabetes (Gucciardi et al, 2009; Seligman et al, 2007), and cardiovascular disease (Seligman et al, 2010), although some of those links remain in need of further research (Seligman et al, 2010).

Rates of food insecurity in Aboriginal communities have also been consistently higher than the Canadian average (as much as three times the rates for non-Aboriginal population, Canadian Community Health Survey, 2008), which is further compounded by the Nova Scotia rates also being high and exceeded only by those in Northern Canada (Canadian Community Health Survey, 2010).

It is important to note that these challenges are not only health-related – they carry with them a myriad of cultural and social implications as they are deeply embedded in poignant history of colonial Canada (Power, 2008). Some of the most influential recent research (see, for example Daschuk, 2013 and Mosby, 2013) points to deeply seated racism that historically coloured nutritional policies affecting Canada’s indigenous population. As Daschuk (2013) suggest, this was not necessarily unique to Canada, but rather representative of the patterns of poverty and population health left as a legacy of colonialism across virtually all continents. Nevertheless, food historian Ian Mosby (2013) indicates that this was not just an unfortunate byproduct of colonial developments, but a result of very specific policies that systematically (though not always intentionally) undermined Aboriginal health and well-being. Consequently, food security challenges of Canada’s Aboriginal communities require a fundamental shift in both research and policy as they cannot be adequately addressed if treated merely as addenda to mainstream food security efforts.

While food security research and activism in Nova Scotia is expansive, little of it has considered Mi’kmaq communities. Aboriginal communities like Pictou Landing do experience unique challenges (e.g., compromised access to traditional foods and, for Pictou Landing, pollution concerns associated with Boat Harbour affluent and exhaust). However, Aboriginal communities also boast unique assets (such as an active fishing and hunting community and wild meat distribution system). The purpose of this work was to identify both unique and shared characteristics of food security issues experienced in Pictou Landing.
OBJECTIVES AND RESEARCH METHODS

The objectives of this research were four-fold. We wanted to:
1. Gain a better understanding of food security issues in a Mi’kmaq community in Nova Scotia using qualitative and quantitative methods;
2. Provide direction for future CFS work in Pictou Landing and beyond;
3. Build capacity with the community to conduct research and use research findings for policy development; and
4. Develop research models and tools that can be used in other Mi’kmaq communities.

The research consisted of four main components:
1. Compiling an inventory of resources and programs available in the community and identifying some key gaps in relation to CFS.
2. Collaboration with the Nova Scotia Participatory Food Costing Project to design local food affordability scenarios to better understand accessibility of food in the community;
3. Conducting qualitative research (through story-sharing and photovoice) to better understand the experiences related to community food security and insecurity; and
4. Further contribute to dissemination of healthy eating resources (recipes, budgeting, cooking workshops).

In addition to the above research activities, community input was sought through a project launch event (May 23rd, 2013), a community exhibit and dinner (October 18th, 2013), community newsletter announcements and inserts, and a Facebook page.

Project funding allowed us to hire three individuals. Two employees worked on the project for several weeks each. The third, Jordan Francis, worked for the duration of the project, first as Research Assistant and then the Coordinator. She undertook the majority of project promotion, community outreach, data collection, transcription, and dissemination. She also assisted in project planning, data analysis, and report writing.
RESEARCH PROCESS AND FINDINGS

Inventory

Process
The inventory is an overview of existing programs, initiatives, and other assets that contribute to food security in Pictou Landing. The inventory was compiled through multiple conversations with those who live and work in the community and it was revised several times to correct and add information. Consequently, we see the inventory as a working document but one that is helpful for reflecting on existing resources.

Findings
See Appendix A.

Dissemination
This inventory is being disseminated through the following websites: Pictou Landing First Nation (http://www.plfn.ca/) and FoodARC at Mount Saint Vincent University (http://foodarc.ca/)
Hard copies have also been and continue to be distributed at community events.

Affordability scenarios

Process
The affordability scenarios were developed in partnership with the Nova Scotia Participatory Food Costing Project based on their Participatory Food Costing model and methods for developing affordability scenarios (Williams et al., 2012b). That project has, for over a decade, been collecting and reporting data on the cost and affordability of food in Nova Scotia (see www.foodarc.ca/food-costing/ for more information). Using the National Nutritious Food Basket project partners create various household scenarios (e.g., two parents with two children, both parents working for minimum wage). Standard, essential and typically inflexible, costs of living such as shelter and transportation are then calculated for those scenarios, along with the cost of the nutritious food basket for that family make-up. The total costs are then contrasted to the monthly household income to demonstrate the affordability of a basic nutritious diet for various households. The data are collected at the District Health Authority level, so Pictou County food costing data is useful in assessing food security in Pictou Landing. However, combining that data with community-specific scenarios generated more highly relevant information. Cynthia Watt, former Food Costing Project Coordinator, prepared the Pictou Landing scenarios, building on the methods and model previously published related to scenarios (Williams et al, 2012a and 2012b), and the Consumer Price Index adjustment tables developed by Dr. Ilya Blum, Mount Saint Vincent University.

Findings
We developed five scenarios calculating affordability of nutritious diet for the following family compositions: “reference” family (two parent, two children) earning minimum wage; “reference” family on income assistance; lone mother with three children on income assistance; and two grandparents raising two grandchildren while earning minimum wage. However, community consultations that followed raised a number of questions about the accuracy of those calculations in reflecting the realities of life in Pictou Landing. Moreover, some community members were concerned with the common human tendency to focus on numbers, and were apprehensive that the scenarios would tend to overshadow our other findings, effectively removing the complex
social-economic context of CFS in Pictou Landing. As a result, we decided that the scenarios would be treated as “draft” and for now only used for discussions within the community.

Dissemination
The findings of this undertaking are not included in this report and are currently only being disseminated within the community. Further work is being done by the community group to develop a clearer understanding of economics dimensions of CFS in Pictou Landing.

Story-sharing and photovoice

Process
The qualitative components of this project included story-sharing and photovoice. Both methods involved group sessions where participants discussed one question: “When it comes to food, what do you think is the most important issue in Pictou Landing right now?”

Three story-sharing sessions took place with a total of twelve participants. The facilitator invited community members to share short stories about the research question. Participants then discussed their stories and were assisted by the facilitator who had some possible discussion questions already prepared (e.g., “What does your story tell us about life in the community?”).

Two photovoice sessions with a total of six participants took place. Photovoice is a method of participatory research that involves participants taking photos to capture important issues visually (PhotoVoice, 2012; Wang and Buris, 1997). Like story-sharing, this method involved answering one question and then discussing it in a group, but here the responses came in the form of photos with captions, rather than stories. We used the same research question (“When it comes to food, what do you think is the most important issue in Pictou Landing right now?”). The participants then came together to share their photos, select the ones they think best represent their responses, discuss them, and write captions or stories to go with the photos.

Findings
Qualitative data from story-sharing and photovoice sessions was analyzed together. Notes and transcripts from all sessions were coded as a whole to identify key themes. Quotes that effectively illustrate the themes were then selected and where possible matched to photos relating to those themes. Thematic posters were then developed to highlight key concerns (see Appendix B).

Our key findings include:

- Residents of Pictou Landing pointed to Boat Harbour pollution (coming from the Pictou County Pulp Mill) as a continued issue that permeates many aspects of their lives. In terms of food security, Boat Harbour pollution is perceived to severely limit both access to traditional foods (such as wild game, seafood, and berries) and ability to grow food on reserves (due to fears of soil contamination).
- Physical access to healthy food was noted as problematic. There is only one convenience store in the community that carries mostly high-calorie, low-nutrient foods. The closest grocery stores are a twenty-minute ride from Pictou Landing. There is a pressing need for creative alternatives that can improve access to safe and nutritious foods.
- Economic access is also problematic. For those on income assistance in particular, it is not always easy to afford a nutritious diet, and this can be compounded by the need for
transportation, limited budgeting skills, limited cooking skills, and/or limited access to traditional foods.

- Other concerns included: **limited physical activity, link between good nutrition and learning** (for school-aged children), **need for more community gardens, relative accessibility of “junk” food, and need for more skill-building/skill preservation** in budgeting, shopping, growing, harvesting (e.g., hunting; fishing; mushroom, berry, and medicinal plant picking), meal-planning, cooking, canning, and so on.

- A number of **assets and resources** already exist in the community but the awareness and use need to be increased. The Aboriginal Diabetes Initiative operates through the Confederacy of Mainland Mi’kmaq and carries a great deal of resources, as does the the Pictou County Health Authority (including programs such as the Community Food Mentor training). The school meal program was also identified as a great resource as it is perceived to be run very effectively on a limited budget. The local knowledge embedded with elders and the school kitchen staff is seen as a great asset that could be better utilized in the broader community as well. There are also already several community gardens in Pictou Landing but some residents are not aware of them.

**Dissemination**

The findings from story-sharing and photovoice were used to develop a community exhibit that was launched on October 18th, 2013. Exhibits are being planned across the province to be rolled out throughout 2014. Finally, a video that combines images, quotes and some contextual narrative is being developed and will be disseminated widely via the Web. Please visit the following websites for updates: Pictou Landing First Nation (http://www.plfn.ca/) and FoodARC at Mount Saint Vincent University (http://foodarc.ca/).

Earlier on in the project, our Research Coordinator (Jordan Francis) also prepared a presentation to share preliminary findings more widely. She presented this work to an audience of 100+ on August 21st, 2013 at the ACT for CFS gathering in Halifax that included community food security researchers and activists from across Canada. On October 16th, 2013 that same presentation was also a part of Research Remixed, a two day research event at Mount Saint Vincent University.

**Dissemination of resources on healthy eating**

The fourth component to this research – efforts to further contribute to dissemination of healthy eating resources (such as recipes, budgeting, and cooking workshops) was a need that was strongly identified by community members who attended the October 3, 2012 dinner in Pictou Landing. This is, however, the least developed component of our research. As our work progressed, we learned that many resources already existed but needed to be better promoted and utilized. For the most part, we simply integrated this effort into our other activities. We continue to disseminate hard copies of the inventory and encourage better use of existing resources. We also found that the research sessions themselves proved to be excellent venues for sharing information. One of the qualitative sessions was organized as both a healthy cooking class and a photovoice session. We also ensured that all sessions and community meetings included healthy snacks. Our October 18th, 2013 community exhibit was also a full community meal where over 40 people attended and another 30+ meals were distributed throughout the community. With all these successes, however, we feel that more needs to be done in this area and we place an emphasis on this component of our work in the recommendations for future directions (see Future Directions).
MEETING OUR OBJECTIVES

All four objectives of this research were successfully met.

1. **Gain a better understanding of food security issues in a Mi’kmaq community in Nova Scotia using qualitative and quantitative methods.** Our findings testify to the amount of knowledge that was garnered through this work. The findings point to very specific food security issues that are deemed important by the community members. At the same time, they also identify a range of assets that already exist. Knowing what those assets are helps us both mobilize them and better identify where there are gaps.

2. **Provide direction for future CFS work in Pictou Landing and beyond.** Our findings serve as a foundation for the recommendations identified in section on Future Directions (see Future Direction). These recommendations provide us with concrete goals that can realistically be addressed, albeit with some of them being more long-term goals.

3. **Build capacity with the community to conduct research and use research findings for policy development.** Training undertaken by the community researchers included a basic introduction to research, research ethics, specific research methodologies, and data analysis. Additionally, two community researchers completed the Community Food Mentor training through the Pictou County Health Authority. Involving community members in research planning and through community events also created multiple opportunities for feedback to the research team but also opportunities for community members to voice concerns and take ownership of the project. This has increased community capacity to shape local policy and articulate the need for change at broader policy levels.

4. **Develop research models and tools that can be used in other Mi’kmaq communities.** Our research model has now been piloted and we have been able to reflect on its effectiveness. We have identified several limitations (see next section on Challenges and Limitations) and with those limitations addressed, we believe this model can easily and effectively be replicated in other Mi’kmaq communities, provided that the financial resources are available.
CHALLENGES AND LIMITATIONS

Challenges
We encountered several challenges over the course of the project. Our first challenge was an unexpected space constraint. The two employees were expected to be working out of the Band Office, but the Band Office building was condemned due to a mold issue just days before our two researchers started to work with us. Our two employees showed a great deal of understanding and ingenuity, and spent the first several weeks working at local libraries and community college space. This constrained their ability to get the project off the ground efficiently (e.g., phone calls could not be placed from the libraries) and it also meant unforeseen travel costs early on in the project.

Another significant challenge was encountered in June when our Project Coordinator went on a two-week sick leave, and then on permanent leave by the beginning of July. The Research Assistant was able to take on the Coordinator role and another Assistant was hired on for a period of five weeks, but this meant additional training time halfway through the data collection. The consequence of this was that some of our planned time-lines needed to be revisited and our Objective 4 (Healthy eating resources) received less attention than originally intended.

Limitations
Whereas great insights were gained through this project, several limitations must be acknowledged. First, despite a relatively good response rate (18 participants from a community of just over 400) getting participants involved was no easy task. It is largely due to the extraordinary efforts of our Research Coordinator (Jordan Francis) and trust that she earned in the community that participants agreed to participate. Our sense is that the reasons for that include: low participation incentives (snacks; and expense reimbursements which no-one actually claimed); research fatigue (not uncommon in Aboriginal communities); and low expectations for the project to have concrete outcomes (this kind of research skepticism is also not uncommon but should be acknowledged).

Methodologically, while story-sharing and photovoice proved to be engaging and effective methods, some participants still found them to be overly structured and less culturally congruent than desired. It will be an important task for any similar future research to finesse the methods to make them more open and inviting while still ensuring rigorous data collection.

Finally, while our Research Coordinator (Jordan Francis) managed the project effectively, greater in-person support from the Principal Investigators (PIs) would have been helpful. Both PIs live and work outside of the community and their presence in Pictou Landing was limited by their other commitments. Regular phone and web meetings were held and the PIs were available for consultations, but their greater presence “on the ground” would have helped in getting the project off the ground more smoothly, especially in the beginning while the community researchers were first being trained for the project.
FUTURE DIRECTIONS

The results of this project will continue to be shared as determined by the community of Pictou Landing. The results will also be used to inform the future Pictou Landing Food Security Strategy as well as local decision-making. The posters produced to share our qualitative findings can be shared with other Mi’kmaq communities as a traveling exhibit. They will also be posted as a digital archive of the project at the following websites: Pictou Landing First Nation (http://www.plfn.ca/) and FoodARC at Mount Saint Vincent University (http://foodarc.ca/). Key findings and recommendations are also extracted from this report for a two-page policy brief to inform relevant provincial and federal bodies about the community’s key issues. We are currently exploring funding opportunities that would facilitate more concerted efforts to act on some of the recommendations offered below.

We hope that this report and the exhibit/digital archive materials will stimulate continued discussions in Pictou Landing as well as in other communities. We also hope that our work will effectively add to the growing body of evidence that points to inadequate local, provincial, and federal policies that continue to disadvantage Aboriginal communities and jeopardize their health and food security. To that end, we have derived the following recommendations from our findings.

**Recommendations for consideration at local level:**

- Bring back Tapitat market (small road-side market that used to sell farm-fresh produce from Pictou County, based on season and availability)
- More community gardens/ greenhouse/ raised bed gardens
- Look into partnering with a farm to grow produce on one part of their property
- Good food box program (bulk-buying of fresh produce to be distributed locally)
- Food bank for emergency relief (interim solution – currently the New Glasgow food bank takes clients from Pictou Landing, but transportation to New Glasgow is needed)
- Budgeting classes
- Make greater use of the existing Food Mentoring Program
- More inter-generational events where youth can learn traditional foodways (e.g., hunting, fishing, mushroom/berry/medicinal plant picking, etc.) from elders
- Find ways to organize events such as regular cooking and canning classes, gardening workshops, and organized moose hunts for women and youth
- Food deliveries and/or meals-on-wheels for elders
- Shuttle service for grocery shopping
- More healthy foods in the existing store
- Community freezers/community storage (for wild game and bulk buying)
- Explore the possibility of improved after-hours access to the gymnasium for youth
- More food education in the curriculum – e.g., hands-on garden work and visits to farms
- School food policy
- Involve all school kids in meal/snack preparation or menu planning
- School kitchen staff are already a resource for food budgeting, cooking healthy inexpensive meals – find ways to utilize their knowledge without overworking them
- Continue disseminating information on existing resources about healthy eating
Recommendations for higher levels of government (Mi’kmaq, county, provincial and federal)

- There is a need for all levels of government to take food insecurity more seriously – those in position of power rarely experience such challenges and there is a need to bring food (in)security more effectively to the forefront of social policy
- Offer programs that can support all of the above recommendations in Pictou Landing and in other Mi’kmaq communities
- Offer programs that can support greater access to physical activities
- Take the issue of Boat Harbour pollution seriously at all levels of government and start to remedy the environmental damage
- Adjust social assistance rates for lone parent families to allow for purchase of nutritious diet

We hope that this report can inform policy discussions and strategic community planning. This contribution can also build on and enhance the community planning work that has been done by the Cities and Environment Unit of Dalhousie University, which provides a significant foundation for Aboriginal community planning and development and is intended to be an accessible set of resources that can be used by all citizens whether they have any planning experience or not (see http://ceu.architectureandplanning.dal.ca/ for more details).

While some of our findings are community specific (e.g., issues related to Boat Harbour pollution), others are highly relevant to other Mi’kmaq communities in Atlantic Canada. Issues relating to cultural sustainability and loss of traditional foodways are in no way unique to Pictou Landing. Similarly, the issues of diet-related disease, physical access to stores and markets, and limited income, are concerns shared by many Aboriginal and non-Aboriginal communities. In providing qualitative, quantitative, and inventory data, the project has allowed for a better understanding of economic, environmental, cultural, and social justice dimensions of community food security while also providing community-specific recommendations.
REFERENCES


# APPENDIX A
INVENTORY OF FOOD SECURITY RESOURCES

## EDUCATION DEPARTMENT
43 Gym Road/Maple Street, Pictou Landing  
(902) 755-9954

<table>
<thead>
<tr>
<th>Program</th>
<th>Source</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Breakfast Program**  
Pictou Landing First Nation School | Free breakfast for students  
(During school session – Monday to Friday 8:30am – 9:00am) | Sheila Francis  
Director of Education  
755-9954 |
| **Snack Program**  
Pictou Landing First Nation School | Free snack products made available for students, provided by a grant | Irene Endicott  
PLFN School Principal  
755-9954 |
| **Hot Lunch Program**  
Pictou Landing First Nation School | Free lunch for students  
(During school session – Monday to Friday class lunch hours) | |
| **Lunch Program** | Available for PLFN students that attend various schools. Students are allotted $4.00 per lunch/per attended school day | |

## FISHERIES DEPARTMENT
6595 Pictou Landing Road, Pictou Landing

<table>
<thead>
<tr>
<th>Program</th>
<th>Source</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Lobsters** | 12 canners per household  
(Available in season: May – June) | Wayne Denny  
Director of Fisheries  
752-1709 |
| **Youth Moose Hunt**  
Held at Hunters Mountain, Cape Breton | Moose meat (roasts, steaks, hamburgers, sausages) per household when available  
(Only available in the fall hunting season) | |
| **Salmon Tags** | 3 salmon tags available per household – special circumstances for elders that cannot go out but need fish  
(Available in the fall fishing season) | |
| **Snowcrab** | 400-500 pounds of snowcrab made available for Maligomish mission time | |
| **Christmas Turkeys** | 1 turkey per household  
(Delivered before Christmas) | Dominic Denny  
Fisheries Supervisor  
752-7597  
Billy Francis  
Fisheries Guardian  
752-7597 |
<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Contact Person</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk Tokens</strong></td>
<td>Milk tokens available for pregnant/nursing mothers. Redeemable at the VCM (Juice tokens also available)</td>
<td>Darlene Denny Community Health Representative 752-0085 ext. 251</td>
</tr>
<tr>
<td><strong>Women’s Tea</strong></td>
<td>Free hot lunch for women sponsored by Tearmann House</td>
<td>Fran Nicholas NADACA Counselor 752-1918</td>
</tr>
<tr>
<td></td>
<td>Every Tuesday – 12:00am-1:00pm</td>
<td></td>
</tr>
<tr>
<td><strong>Breastfeeding Support</strong></td>
<td>Support, consultation and workshops for new and nursing mothers</td>
<td>Megan Renouf Community Nurse/Lactation Consultant 752-0085 ext. 251</td>
</tr>
<tr>
<td><strong>Maternal Child Health Program</strong></td>
<td>Diet and food workshops for mothers and children. Food bag available (Various workshops, available when needed)</td>
<td>Mary Hatfield Wellness/Outreach 752-0085 ext. 244</td>
</tr>
<tr>
<td><strong>Basic Shelf Cooking</strong></td>
<td>Workshops on how to cook on a budget. Hosted by Mi’kmaq Family and Children Services. (Available when needed)</td>
<td>Contact receptionist for more information</td>
</tr>
<tr>
<td><strong>Various workshops</strong></td>
<td><em>Various nutrition based workshops are available upon request. Contact Director of Health for more information</em></td>
<td>Philippa Pictou Director of Health 752-0085 ext. 245</td>
</tr>
</tbody>
</table>
### OTHER

| **Victoria Corner Market** | Basic grocery needs, canned food, household products, tobacco, fuel | Crystal Denny  
Manager  
755-9800 |
|---------------------------|-------------------------------------------------------------------|----------------|
| 6496 Pictou Landing Road  | **Monday – Friday**  
7:00am-11:00pm | **Saturday & Sunday**  
9:00am-11:00pm |
| **Community Gardens** | Several small gardens in the community with various vegetables. Available at community members homes, please contact them first | Sheila Francis  
755-9954  
Fran Nicholas  
Ralph Francis  
Pictou Landing First Nation School  
755-9954 |
| **Mel’s Meals** | Take out, lunch meals, & event catering. | Melanie Francis  
928-2851 |
| Various days – follow on facebook page. | | |
| **Social Department** | Persons with diabetes will receive a diabetic supplement to meet their dietary needs. | George Fraser/Colleen Denny  
752-4912 ext. 228 |
| Special diet – Diabetes | | **Please contact for additional information** |
“I’m not going to go out there and pick blueberries, or strawberries, or blackberries, or cranberries or any other berries out there because they are all polluted! I do not eat any fish from there ‘cause its polluted. I don’t eat rabbits, I don’t eat deer...anything that goes around here, any animals, there is no way that I would eat them, because of Boat Harbour.”
BOAT HARBOUR POLLUTION IS A COMMON CONCERN

“If we didn’t have the pollution problem, then there would be an opportunity for us to go fish, and hunt and plant and grow our own food, and then that would probably save a trip to the grocery store.”

“Boat Harbour [is the biggest problem] because I find the situation is what comes to mind first when I think of problems within the community, and I find it is the most disturbing problem... does not allow hunting and fishing, and picking berries. And everything from our land is being polluted more and more everyday.”

“A lot of people are thinking that planting gardens is easy and will take care of our problem, but what we’re seeing is that there’s a lot of people who lack confidence in our environment for the gardens, they don’t trust the air, they don’t trust the soil, they don’t trust the water because of Boat Harbour.”
INCONVENIENT STORE

“It’s easy to see why the kids choose the junk food first. The first thing they see is that… It’s pretty sad that now junk food is more accessible than healthy foods… that you can walk to get these foods, but you have to get into a car and drive into town to get healthy foods.”
HEALTHY FOOD FOR HEALTHY YOUNG MINDS

“[You] can talk until... blue in the face about healthy eating and Canada’s Food Guide and stuff like that, but for most people that’s not their reality of being able to go and buy that kind of food... it’s not that they don’t want to have healthy foods or eat more fruits and vegetables, but at the end of the day they usually say ‘Ok that’s great, but this is what’s real for me’”

“When I was little... I remember being like worried about food because three days in a row we ate creamed corn... I kind of figure it is like a house: your foundation is your food and your shelter, next level is your learning. So if you can’t have your foundation it’s like the house would all crumble...”

“[School] breakfast program... it’s open to everyone regardless if they need it or not but you didn’t feel the stigma of participating in the school lunch program and things like that so that’s a definite positive thing”
“…talk to a dietician [he]’ll take you somewhere and point this food guide out for you... they read that to you, they don’t give you the price, they recommend that you eat fish. How can you afford fish? It costs about $9 a pound. How do you solve this problem when you don’t have the money?”


DAILY STRUGGLES

“We just need to find a way to make our money last longer so we can provide healthier snacks for our kids. I know what’s good for them and that, but I just don’t know how to do it, make it last because we buy, they say this stuff, is good for you and that stuff but at the end of the day we end up buying stuff that’s unhealthy and that’s how we’re all gaining weight.”

And people can’t even trust growing their own garden because they’re scared that Boat Harbour is going to get them sick.”

“A lot of people … can’t get there [to the grocery store]. It’s not that they don’t necessarily have the money to… buy the groceries, but to pay twenty bucks for a taxi both ways... why would you wanna blow that kind of money?”

“When it comes to diabetic food I know what you’re supposed to eat and what you can’t eat and what you’re supposed to buy, but planning to afford it is something else.”
“It’s pretty difficult for someone to survive on $68.15 for food for two weeks. That doesn’t cover much at all. That would only cover around 3 or 4 days if you were to eat right…”

“…we rely on the social program, but it isn’t adequate to meet the needs of families really.”

“The price of food is going way up and our welfare stays the same for how many years since 1985 – 86”
"For some families, there is a priority of making children happy with McDonald’s, and junk food (inexpensive options) over providing them with healthy fruits and vegetables that they should be eating instead."
YOUR FOOD: THEN...

... AND NOW

“We are advised to make better choices for what we put in our bodies, but the price of food and the cost of living are rising....”
REMEMBERING THE PAST...

“...another guy from another reserve always used to comment on how healthy our kids looked unlike other reserves...”

“when my kids were younger we were lucky to have someone who really really pushed for stuff ... like baby food making courses and stuff like that, more often...”

“Everybody else down here used to pick berries and have gardens, and they used to eat from the gardens, carrots, potatoes, corn, peas, tomatoes, whatever, and now these days, you can’t do that. We’d eat a lot healthier then. We used to live off the land, and we used to swim down at the shore [now an unsafe swimming area] before pollution came, and we would never even go home for lunch. We’d have strawberries, and blueberries, and green apples, and sore stomachs after too! (Laughter) But all we would do is dig out clams at the shore, and bring a pot and cook clams there.”
LEARNING HOW TO BE SELF-SUFFICIENT

“If people don’t have easy access to foods/grocery stores like those in more urban areas do, then they should consider learning how to provide for themselves and use available resources to create healthy eating as an option.”

Photo submitted by a story-sharing participant for exhibit purposes only
LETTUCE BE HEALTHY!
... growing a healthy community

“There’s no way to get healthy food really on the reserve anywhere except growing your own stuff, which is pretty risky with the amount of pollution we have...”

“....there actually are gardens in the community but it’s not enough. We need more gardens for healthy food and to provide for the community”