

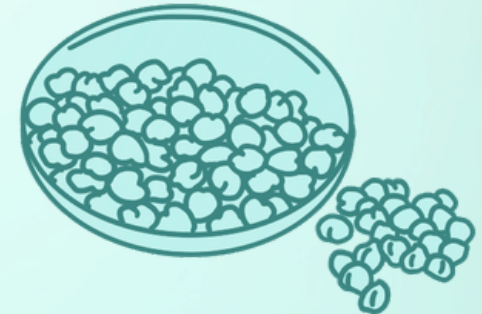
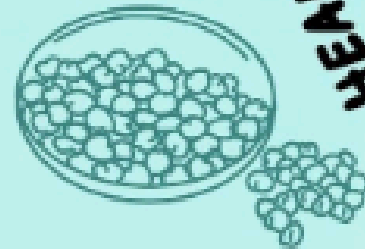
Nourishing Indigenous Foodways: School Food Through the Seasons

AFN Presentation
ISFC | March 27, 2026

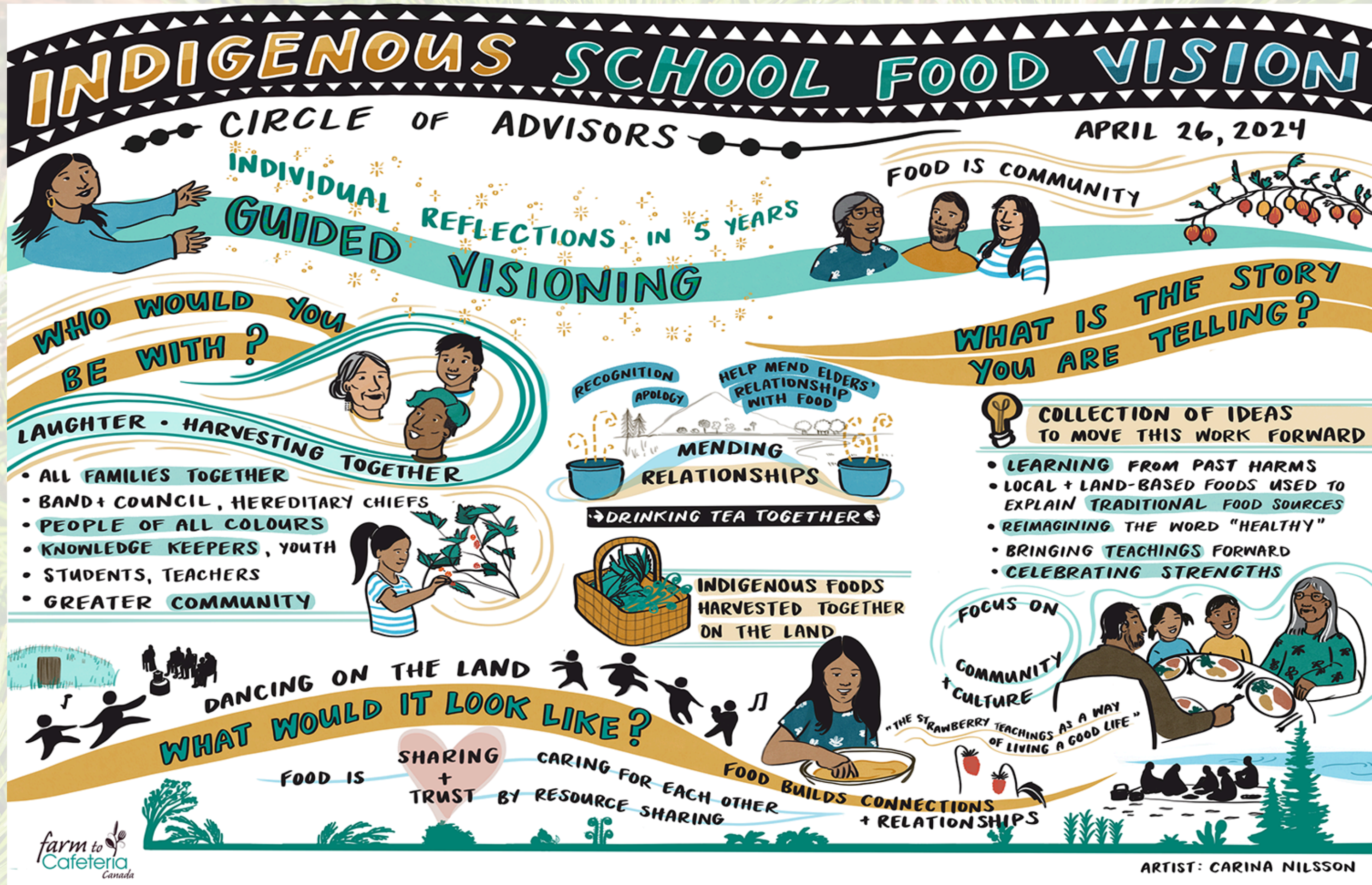




Why Indigenous Foodways in Schools?



Why Indigenous Foodways in Schools?

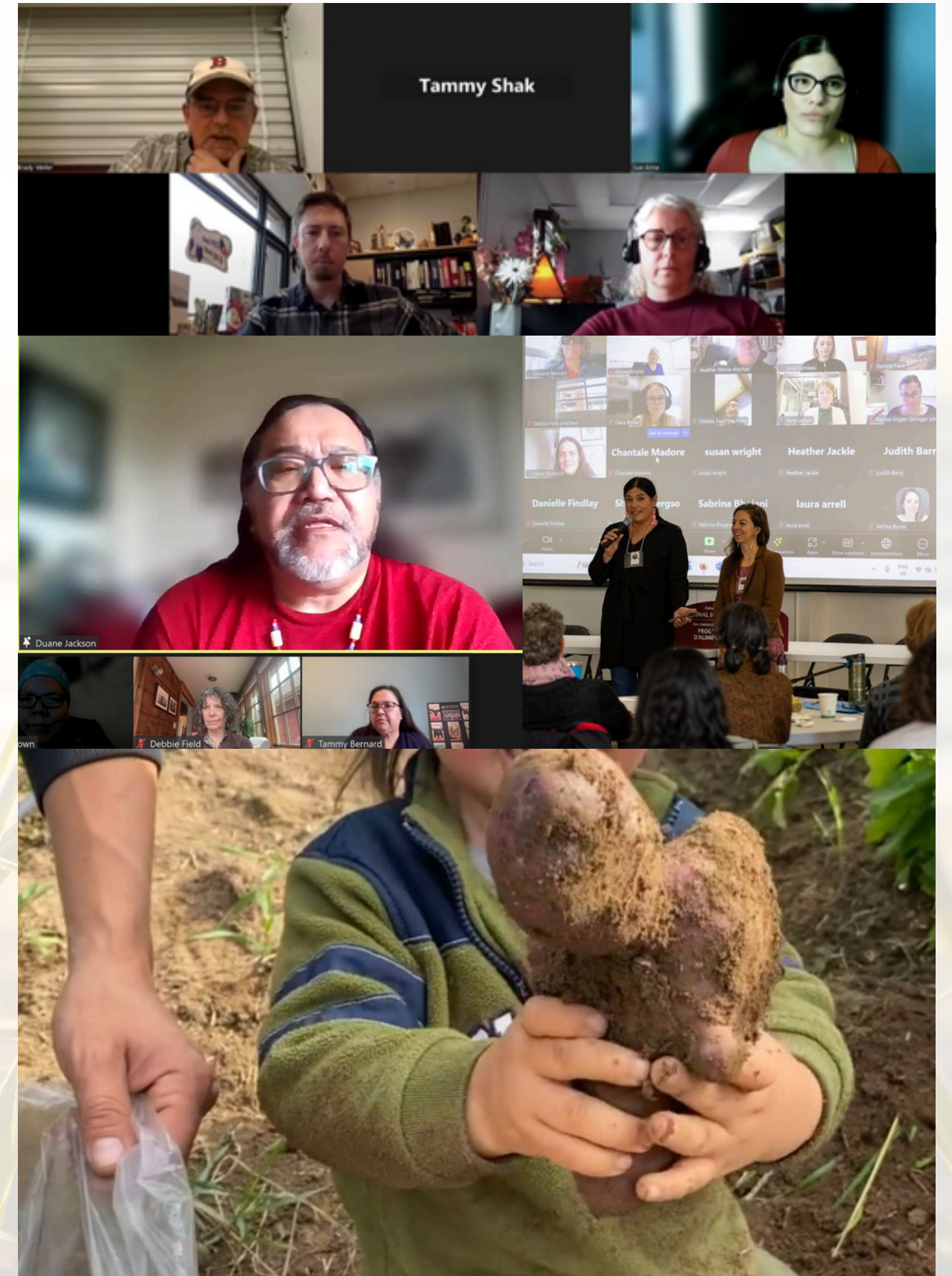




Indigenous School Food Circle

Established to:

- 1) Informing how the Coalition advocates for funding for school food programs in Indigenous communities and for Indigenous students
- 2) To support replication, networking and sharing of best practices among those who are coordinating and supports school food programs in Indigenous communities and for Indigenous students



Join our ongoing conversations about getting more Indigenous food into schools

We're hosting a regular discussion space for people to come together to learn from each other and work together to see more Indigenous food in schools. Sign up below to hear about meetings and updates.

Sign up: <https://form-can.keela.co/getting-more-indigenous-food-in-schools-ongoing-conversations>



**INDIGENOUS
SCHOOL FOOD CIRCLE**

Join our conversations - getting more Indigenous food into schools

The **Indigenous School Food Circle** will be hosting a regular conversation space for people to come together to learn from each other and work together to see more Indigenous food in schools. Sign up below to hear about meetings and updates.

A regular theme of past conversations has been the challenge of getting more Indigenous foods, especially traditional meat and game, into school food programs. And yet, we know the great importance of culturally significant food for children, youth, and communities. Many programs are sourcing and feeding children and youth wild harvested berries, seaweed, bison, caribou, moose, wild rice and other foods, while many are running into barriers and experiencing confusion about how to navigate regulations. We'd love for you to join us to talk these issues through and find some ways forward.

The Circle is hosted by the [Coalition for Healthy School Food](#), [Kinvia](#), and [Farm to Cafeteria Canada](#)

Contact Information

First Name *

Last Name *

Email *



North / Winter

- Terms of Reference
- Advocacy
- Partnerships & Collaboration
- Food processing
- Ice fishing
- Planning for next year
- Grant applications
- Trapping & Hunting Education
- Garden planning, ordering seeds
- Ceremony
- Arts, crafts & stories
- More time indoors with hearty foods
- Planning for upcoming fiscal year
- Proposals & reports

East / Spring

- Webinars
- Food procurement in rural
- Gardening & farming workshops
- Garden preparation & farm babies
- Year-end wrap-up tasks (reporting, etc.)
- Planting
- Tool making/repair
- Early spring plant harvest for food & medicine, sap harvest
- Field work
- Summer planning

South / Summer

- Harvesting
- Gardening
- Feed the people
- Upgrading school infrastructure
- Planning
- Cultural activities
- Cleaning out the pantry to make room for fall harvest
- More time out on the land & water
- Harvesting, processing and storing food that is ready
- Harvesting wild plant foods & medicines
- Fishing

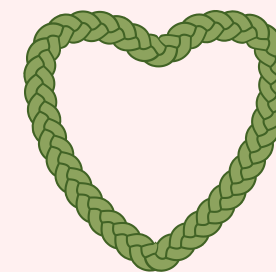
West / Fall

- Food is Our Medicine
- Ceremony
- Canning
- Smoking fish & meat
- Preserving
- Hunting & fishing
- Harvesting
- Eating away from home
- Medicine preparation for cold season
- Garden clean-up & preparation for winter
- Harvest Dinner Gathering
- Food processing & storage



INDIGENOUS SCHOOL FOOD CIRCLE

cultural herbs culturally relevant
land-based holistic land-based learning
access inclusion language community holistic well-being inter-generational
valuable fun connection holistic self-determined
harvesting preparation needed bison
root veggies natural hands on learning from the land
country food seasonal pride culture



- **What are your needs for you school food program?**
- **What would like to learn more about from each other?**
- **What resources you'd like to see created?**



<https://www.menti.com/alazk7q33dw8>



Indigenous Foodways in School Grants - 2025

**Thank you to
our partners!**



Check out more Resources and Stories

URL: <https://www.farmtocafeteria.ca/nourishing-relations-resources/>



[Indigenous Foodways Home](#) | [Our Advisors](#) | [Resources & Stories](#) | [Our Story](#) | [Commitment](#)

Resources

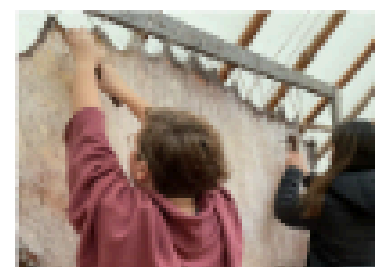
Our Indigenous Foodways resource page provides a growing list of inspiring stories and “how-to’s” intended to help bring Indigenous foodways into more classrooms and school meal programs. From examples of meal programs incorporating traditional foods, to land-based learning resources, you’ll find content in the form of videos, webinars, guides and stories that share the knowledge and experiences from a variety of people, including Elders and Knowledge Keepers, educators, chefs, students and more!

Please use the arrows to scroll (left to right) through the blog posts below to see all the content.

Do you have a story or resource you'd like to share? Please email us at info@farmtocafeteria.ca

[Learn more about our Indigenous Foodways in Schools Grants](#)

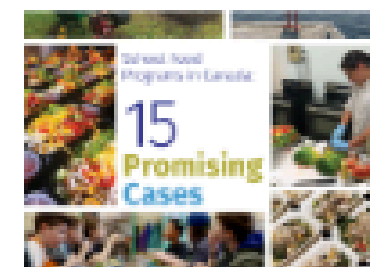
Featured Resources



FEBRUARY 5, 2020



OCTOBER 16, 2024



JUNE 24, 2024

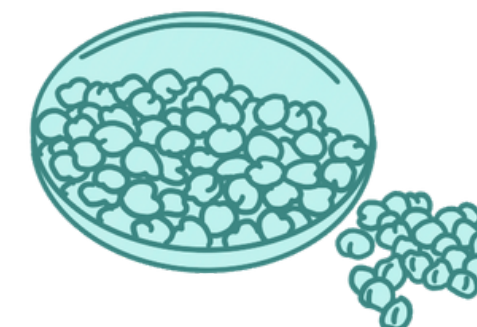
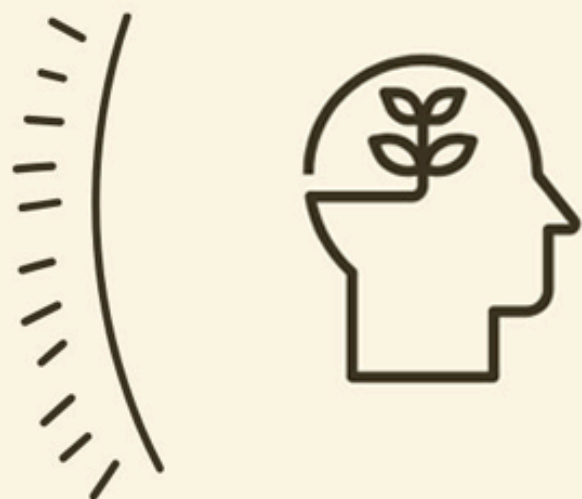




Photo Voice as Story, Relationship & Learning

Dr. Gladys Rowe

February 18, 2026



SCHOOL FOOD SOLUTIONS



-A series with Scott Hall-



Now accepting proposals for presentations!

[APPLY HERE!](#)

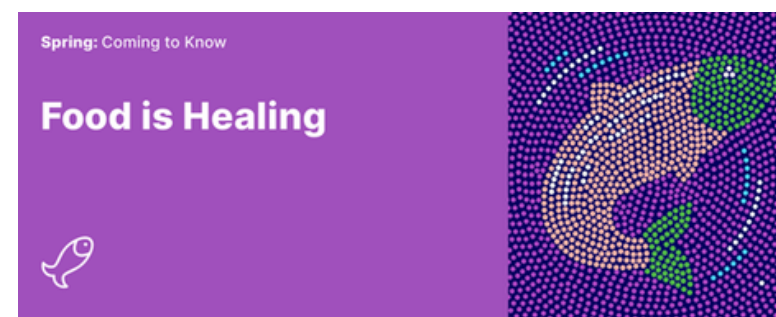
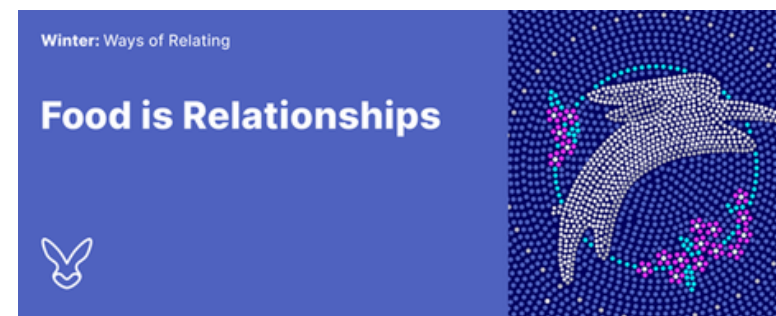
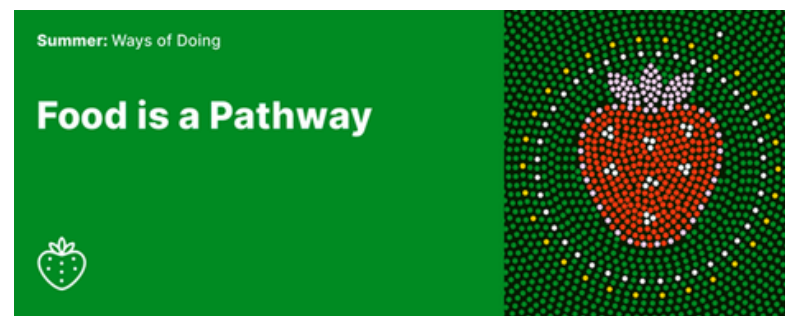


School Food For All: Nourishing Futures

Tiohtià:ke | Montréal, QC

June 2-4, 2026

Adapting Food is Our Medicine for K-12



Fall: Seeing the Path (4 teachings)

- Introducing two-eyed seeing and systems thinking
- Situating yourself and the work on the land
- Looking at the impacts of colonization on the health care experiences and foodways of Indigenous peoples in Canada

Winter: Ways of Relating (4 teachings)

- Recognizing the relational aspects of foods and foodways
- Moving toward reconciliation in health care
- Understanding and supporting cultural mindfulness in health care

Spring: Coming to Know (4 teachings)

- Showing examples of traditional food guides, stories, and teachings
- Exploring and celebrating the diversity of Indigenous foodways
- Highlighting the essentiality of self determination, and offering examples of community driven responses to COVID-19

Summer: Ways of Doing (4 teachings)

- Discussing current barriers to Indigenous foods in health care
- Highlighting existing traditional food programs in health care settings and examples of policies and tools
- Offering options for next steps

2

School Food Through the Seasons

Launching 2027

Course Details: Adapted from Nourish's *Food is Our Medicine*, this course is a reflective, practical learning journey helping K–12 school food communities understand food systems as relational, seasonal, land-based, and connected to responsibility and action.



The Moons of Turtle Island: Seasonal Wisdom and Indigenous Foods Curriculum



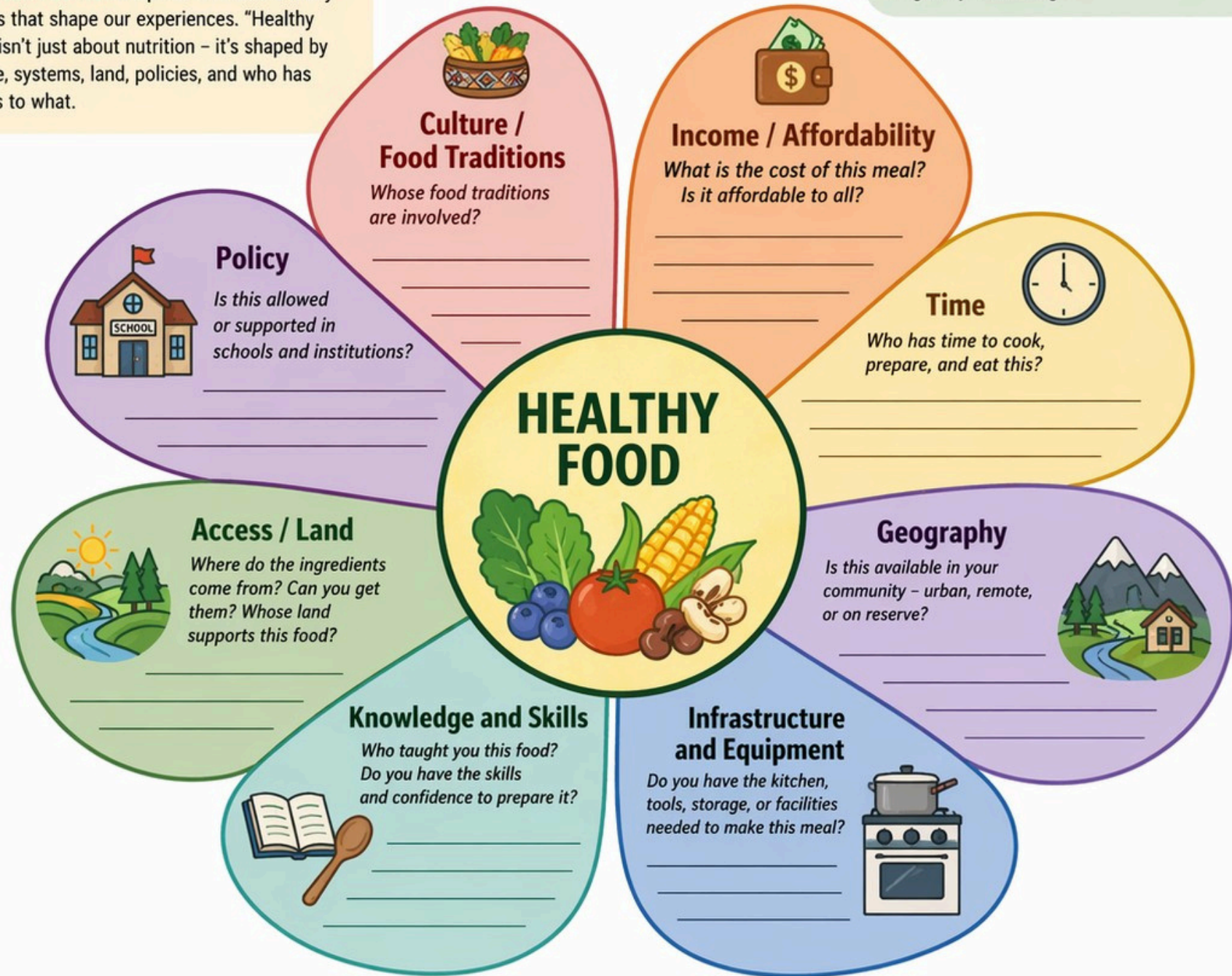
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Date: _____

POWER FLOWER Healthy Food: What Shapes Access?

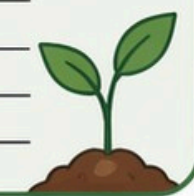
Directions: Think about a healthy meal. As you design or analyze it, consider each petal. Write, draw, or discuss your thoughts and examples inside the petals. You can also use the questions to guide your thinking.

A **POWER FLOWER** helps us look at the many factors that shape our experiences. "Healthy food" isn't just about nutrition – it's shaped by culture, systems, land, policies, and who has access to what.

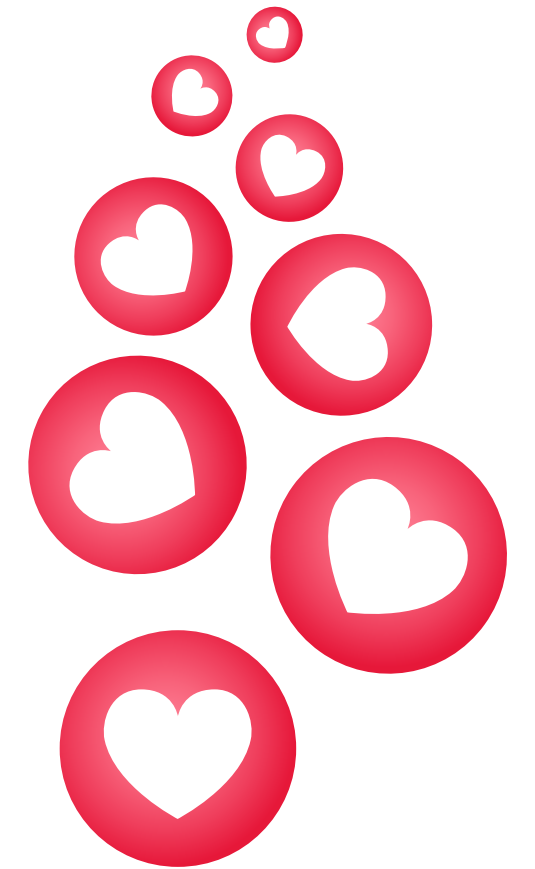
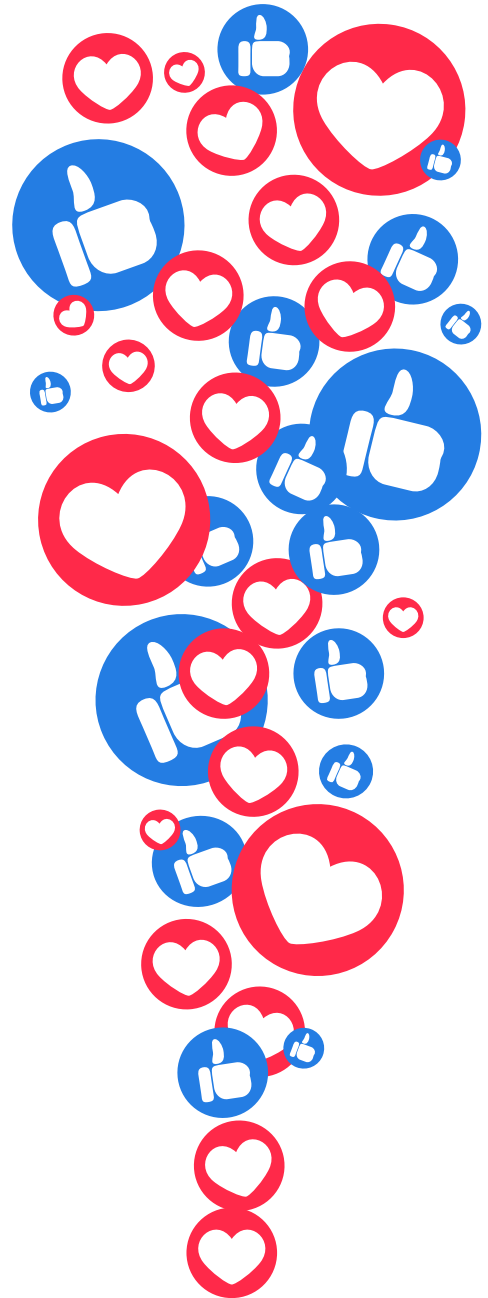


REFLECTION Use these questions to think deeper:

- Who is closest to the centre of this flower? Who is pushed to the margins? Why?
- What assumptions are being made about "healthy food"?
- Would this meal work for everyone? What would need to change?
- Should we be moving people toward the centre – or changing the centre itself?



You can also follow the ISFC & F2CC on social media!



How to get involved or learn more

Email Sue-Anne at:

sue-anne@healthyschoolfood.ca

Email Carolyn at:

cwebb@farmtocafeteriacanada.ca

Email Sydney at:

srichards@kinvia.ca

Email Jeff at:

jkiyoshk@farmtocafeteriacanada.ca

Indigenous School Food Circle

