



*Partnering to bring healthy,  
local and sustainable food  
into public institutions.*



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NATIONAL INDIGENOUS  
HISTORY MONTH  
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## Celebrate National Indigenous History Month and Indigenous Peoples Day 2022!

**The month of June is National Indigenous History Month.** Even though learning about First Nations, Métis and Inuit peoples can happen any time of the year, National Indigenous History Month is a time to learn about the diversity and history of the First Nations, Métis, and Inuit peoples. If possible, participate in the celebration of Indigenous Peoples Day on June 21st. [Please click here.](#)

If you are interested in learning about the history of the First Nations, Métis, and Inuit peoples, here are two options:

- **It's Our Time:** The Assembly of First Nations (AFN) Education [Toolkit](#) offers learning modules, learning plans, and a unit guide.
- **Full Circle:** First Nations, Métis, Inuit Ways of Knowing that offers [lessons](#) on various topics. (Resource is only available in English.)

**Are you looking for some information related to Indigenous people, plants, pedagogy or food?**

- **Farm to School BC** offers a **Learning from the Land [Toolkit](#)** that can provide information on Indigenous plants and pedagogy. (Resource is only available in English.)

- **Teach Food First** has an **Educator's Toolkit** for Exploring Canada's Food Guide. There is information about Indigenous people and food. (Resource is only available in English.)

Find these and more in the new [Nourishing Relations Resources](#) section of our website.

## Nourishing Relations Resources



## New Nourishing Relations website

F2CC is pleased to share our new [Nourishing Relations website](#) where we highlight stories of how schools and communities are bringing Indigenous foodways into classrooms and school meal programs, as well as videos, webinars, and other tools and resources for those who are doing this work.

In the past year, F2CC has been working on strengthening our relationship with Indigenous communities to learn more about Indigenous values, ways of knowing, and to understand how we can better help advance dreams of connecting children, youth and other community members to their food. Our Nourishing Relations site highlights this commitment and provides a space for us to document our progress on it and share updates as we continue on this journey.

What is on the Nourishing Relations site:

- [Resources & Stories](#)
- [Information about Nourishing Relations](#)
- [2021 Virtual Sharing Circles](#)

- [And F2CC Commitment to the Nourishing Relations work.](#)



*Clifford Gladue, Food Service Manager for the Kee Tas Kee Now Tribal Council Education Authority*

## Nourishing Stories

As part of the Nourishing Relations work, we have been documenting stories to capture the great work that schools have been advancing relating to school food and land-based learning. The stories highlight how Indigenous students are accessing healthy food and learning about culture and traditions.

Learn more about these stories:

- [Kee Tas Kee Now Tribal Education Council Authority \(KTCEA\) serves traditional food in schools](#)
- [Maskwacis Education Schools Commission \(MESC\) Nanâtohk Mîciwin \(Universal School Food Strategy\) and Adaptation during Covid-19](#)
- [PEPÁKEN HÁUTW: a beautiful example of Indigenous Food Sovereignty embedded within a Tribal School Program](#)
- [Cultural programming through the seasons at Nak'al Bun Elementary School](#)
- [Natoaganeg school food program](#)
- [Kendomang Zhagodenamonon Lodge - Site 1](#)



Q'wemtsin Health  
Society's Indigenous  
Food Sovereignty  
Video Series:

Seed to Harvest,  
Language  
and Traditional Practices

## Q'wemtsin Health Society's Indigenous Food Sovereignty Video Series

**In collaboration with three communities; Skeetchestn Indian Band, Tk'mlups Te Secwepmc and Whispering Pines/Clinton Indian Band, the Q'wemtsin Health Society (QHS) has created a series of videos to promote growing food.**

Working with students, teachers, Elders, and knowledge keepers, each video teaches skills about foodways to encourage knowledge sharing and healing.

Please share the videos with your network!

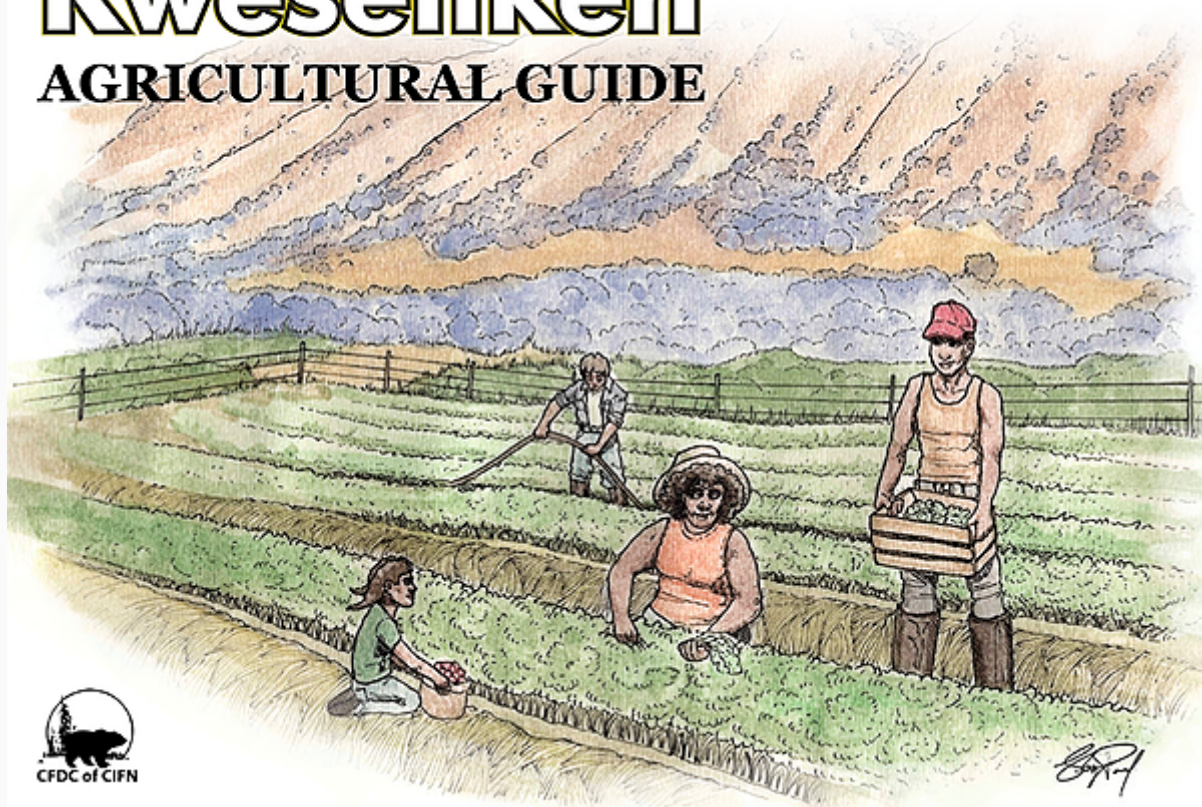
[Access the videos here](#)

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# Kweseltken

## AGRICULTURAL GUIDE



## Kweseltken Agriculture Guide

**The Community Futures Development Corporation of Central Interior First Nations (CFDC of CIFN) developed this Kweseltken Agricultural guide.**

This guide provides information about agriculture techniques and activities through conversation with local producers living and growing food within the Secwépemc territory, including Tk'emlups, Simpcw, and Skeetchestn, and well as on Nlaka'pamux territory.

Please feel free to share it!

[Access the guide here](#)



# 10 Ways to Get Involved!

Whether you are brand new to Farm to Cafeteria Canada, or a long-time member of the community, there are lots of ways to get involved!

Get Involved

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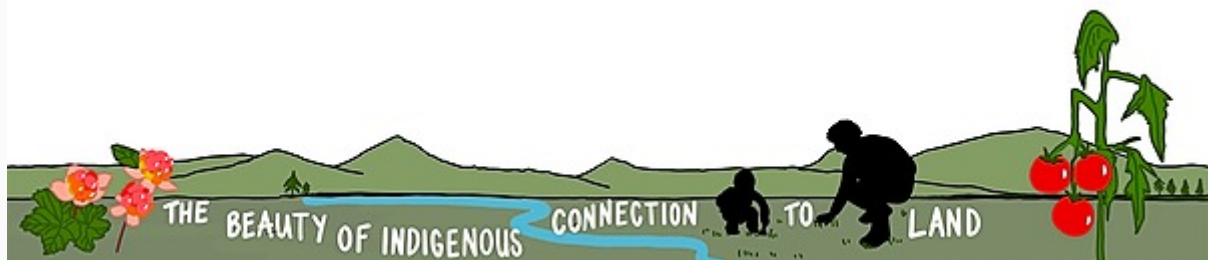
## Stay connected!

Join our [Facebook Group](#) to stay connected to stories about farm to school as well as stories that touch on the many facets of food systems. You can also pose questions and share resources. We are also on [Twitter](#).

If you know a colleague or friend who would like to know more about our farm to school work, invite them to [sign up here](#).

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*Farm to Cafeteria Canada's team and project partners acknowledge that we live, work and play on the ancestral lands of the diverse First Nations, Inuit and Métis people of what we now call Canada. Farm to Cafeteria Canada is committed to reflecting, honouring and amplifying Indigenous voices, perspectives and values in our work. To learn more please visit our [Nourishing Relations](#) page. To learn the traditional territories on which our individual team members are located, please visit our [team page](#).*



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Do you have a story to share for the next edition of our newsletter?  
Email us at [info@farmtocafeteriacanada.ca](mailto:info@farmtocafeteriacanada.ca)

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