

Arviat Food Security Community-driven Research



Aqqiumavvik Society Webinar

2018

About Arviat



- Strong in language and cultural
- Situated in excellent harvesting area
- Many families are active harvesters
- Very large youth population (60% >18)
- Active group of Elders engaged in cultural revitalization

Concerns about climate

- Rapid rates of change
- Lack of awareness
- Lack of keen observational training
- Needs a community approach to sustainable planning
- Monitoring & research





Who is food insecure?

Research funded by Climate Change & Health Adaptation, FNIB

- Determinants of food insecurity among Inuit women in Arviat, Nunavut: the role of climate change and multiple socio-economic stresses
- Dr. James D. Ford, Assistant Professor/Maude Beaumier, MA candidate
Dept. of Geography, McGill University
- Vulnerable women
- Photo voice and in-depth interviews
- Trained 2 RAs
- What role does climate change play in affecting the food security of Inuit women in the Canadian North: A case study from Arviat, Nunavut. Polar Record, 2014.

New Questions:

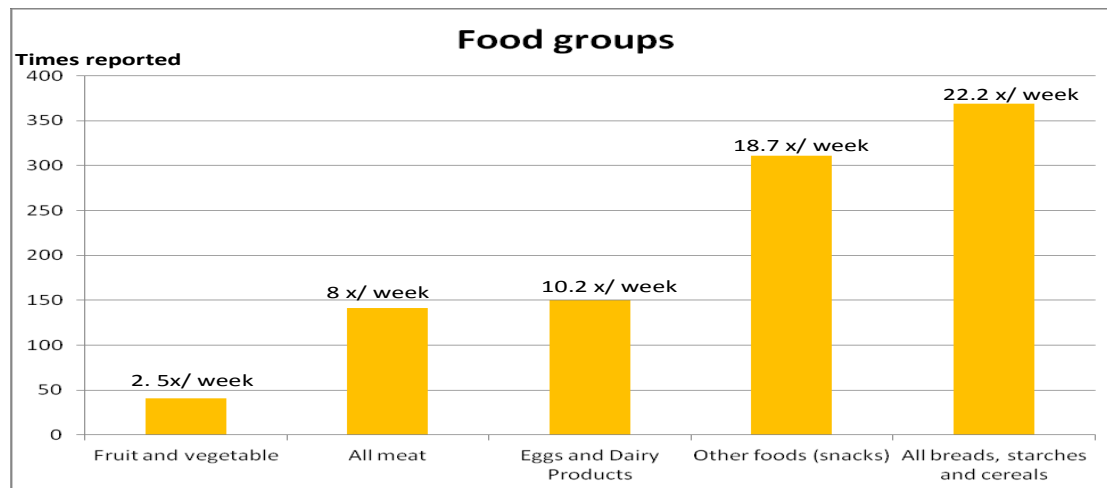
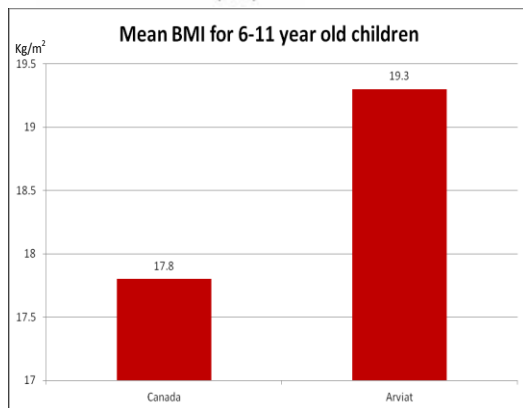
1. Why are children not eating country foods?
2. Why do women say country food is “free”?





Why are children not eating country foods?

Research funded by Innovation Strategy. Healthy Weights, PHAC



- Partnership with UofA
- Nutrition profiles for 6-12 yr olds
- Exposure to healthy eating information/country foods/fitness challenges
- Kids as message carriers & advocates
- Community campaign to address food myths/weekly radio shows/surveys
- Young Hunters' Program
- Community cooking program
- Culture of Cooking (youth program)



Why do women say country food is “free”?

Research funded by Climate Change & Health Adaptation. FNIB



- What are the cultural definitions of sharing?
- What does sustainable harvesting look like? What are the issues today?
- How healthy is our caribou herd?
- How can we make better use of country food/preservation/freezers?

New questions:

1. What can replace caribou in our diet?
2. What else can we harvest from the land?
3. What potential does climate change have for us?



What can replace caribou in our diet?

Northern Contaminants Program
WWF/Loblaws Water Fund

- Muskoxen are returning but still protected
- Beluga are predicted to increase in numbers due to warming Hudson Bay waters
- **Tukisinirlungniq: Understandings of the Risks and Benefits of Consuming Beluga in Arviat, NU**
- Nasivvik Centre for Inuit Health and Changing Environments
- **Water quality and fish safety monitoring in the Keewatin Watershed of Arviat, Nunavut**
- ArctiConnexion, GNDEnvironment, consortium of university research partners





How healthy are our animal populations?

Research funded by Climate Change & Health Adaptation, ArctiConnexion

- Necropsy training and monitoring
- Component added to all YHPs
- University partners support us by providing analysis
- Engage Elder experts



What else can we harvest from the land?



Climate Change & Health Adaptation. FNIB



- Partnership with UBC
- Monitoring quantities locally available
- Potential uses/preservation/consumer acceptability
- Potential for cultivation as a crop
- Monitoring changes in growing season
- Developing recipes/promoting uses

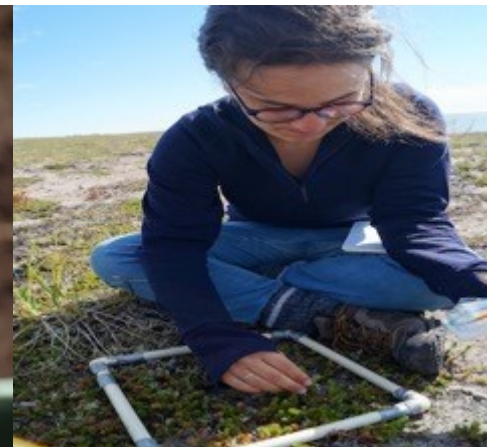




What potential does climate change have for us?

Research funded by Climate Change & Health Adaptation

- Arviat Goes Green Facebook page
- Small research greenhouse/soil research
- Composting
- What grows quickly and produces quantity?
- Monitoring/training
- Promoting eating green & fresh
- Adopt a growbox
- Shared harvesting: Thursday afternoon



Community outreach



Research Greenhouse



Soil Quality



Youth Summer Employment

Funded by Climate Change & Health Adaptation

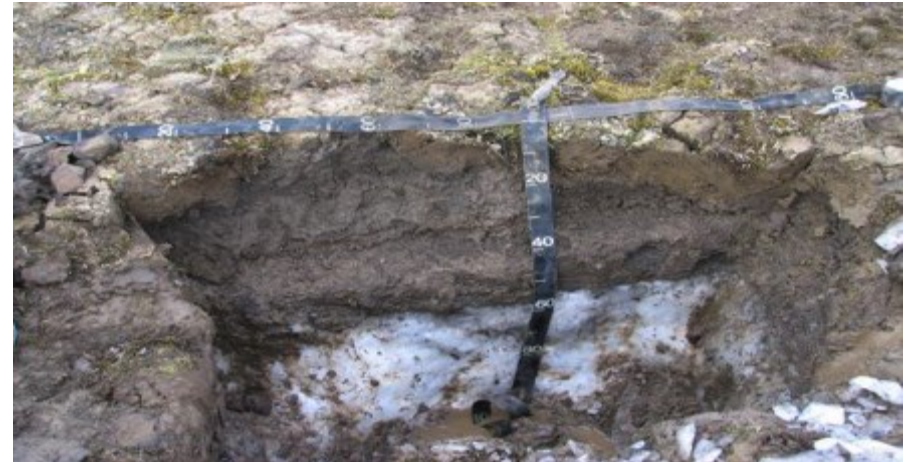




Youth Monitor Training

Funded by Climate Change & Health Adaptation, ArcticNet, DoEnvironment

- Permafrost/safe land use
- Water quality and fish health
- Animal health
- Weather & ice monitoring
- Harvesting calendars
- After school monitoring club
- Arviat Harvesters/Facebook





Young Hunters' Program

Funded by Movember Foundation through Qaujigiartiit Health Research Centre (QHRC), Nunavut General Monitoring, NTI



- Curriculum developed by Elders
- Designed to train sustainable and respectful harvesters
- Open to all by age groups
- Operates skills training sessions after school
- Harvesting trips: 1 -2 days or week-long
- Delivered by 2 adult instructors & Elders
- Role models & mentors
- Very positive mental health indicators for participants





After School Club

- Training in observation & monitoring
- Maintaining composting/ grow stations
- Sharing information to the public



All About Worm Farming

What is worm farming?

Worms eat old food that we are just throwing away. They turn it into soil that we can use to grow plants. They make good rich soil.



Why are we doing it?

We want to grow food in Arviat because fresh food is healthier and tastes better.



What are we learning from this?

We are learning more about science and how to measure and to watch what is happening. We want to learn how to grow plants by providing what they need like rich soil.



We want to get food out of the dump because it just brings polar bears.

Worms can really help us if we feed them properly and take care of them well.

OUR GREENHOUSE

What is greenhouse?

The greenhouse is about growing healthy food, and plants like flowers.



Why are we learning this?

We are learning this because we will know in the future how to grow plants in our own at home.

www.arviatwellness.ca



Why do we have a greenhouse in Arviat?

We want all kids to learn more about growing healthy foods. We also want the community to eat more healthy foods not fast foods.





Youth Media Team

Funded by Innovation Strategy, PHAC; CICH & Coke Foundation;
Climate Change & Health Adaptation; ArcticNet

- Communication strategy is to train youth as message carriers
- Focus on visual and oral communication
- Build skill set in transferrable skills
- Focus on messages as KT
- Model for research & KT



Community Climate Change Manual

(30 pg. how to manual for communities)

Arviat Wellness Centre Youtube:

Arviat Greenhouse Project Series

(5 videos)

<https://m.youtube.com/channel/UCK8rrX0R7c25dQPoSISQ0WA>

Arviat Goes Green 2017

<https://www.youtube.com/watch?v=Rlt9EnrbQ-8>

Climate Change Introduction

<https://www.youtube.com/watch?v=WhhfANZpl74>

Arviat Youth Monitoring

<https://www.youtube.com/watch?v=1dkVMYDO0Uc>

(7 minute videos)



QUESTIONS?

- Facebook: Arviat Goes Green
- Facebook: Arviat Harvesters
- www.arviatwellness.ca

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