

Sharing Traditional Foods for Health and Healing

1. Sharing Food

Traditional foods can be donated by community members, outfitters or from Renewable Resource Officers.

2. Cutting and Wrapping Food

Donations are cut, wrapped, weighed and labelled by food service workers, volunteers, or a butcher. Elders advise on quality of the donations.

6. Serving Food

Delicious, nourishing foods are served to patients, residents, and clients.

5. Cooking traditional foods together

Elders and traditional knowledge keepers guide the cooks on preparing foods using shared recipes. Foods are handled in a safe way.

3. Storing Donations

Donations are stored in freezers.

4. Sharing Recipes and Planning Menus

Lots of people help plan the menus and recipes together: elders, traditional knowledge keepers, cooks and dietitians.