

Local Food to School Program on Haida Gwaii



Margaret Edgars &
Shelly Crack

UBC Learning Circle
Community Strength-
based approaches to
Indigenous Food Systems
November 22 2018





Berries



Abundance from the Island



Learning Circles

Learning Circle Coordinator position created (2014)

- LC#1 Vision and Goals created (May 2014)
- LC#2 Reaffirmed Vision and Goals (Nov 2014)
- LC#3 Concept of Pantry created (May 2015)
- LC#4 Haida Traditional Foods (Nov 2017)



Who comes?

- Food Harvesters
- Fishermen/Hunters
- Farmers



- Food processors
- Elders
- Knowledge Keepers
- Pantry Coordinators
- Principals
- Teachers
- Parents (volunteers)
- School Cooks/Chefs
- Students/youth
- Health care

Local Food Pantry

- 3+ years old
- Located in Gaaw/Old Massett & HIGaagilda/Skidegate
- Procure, process, preserve and distribute local food
- Facilitate and host workshops and field trips
- School and community gardens



Sourcing local food

- Berry pickers
- Hunters
- Fishermen
- Farms
- Schools
- Community Groups



Food Processors

- Haida Wild
- Baru Farm



Where does the food go?

- Schools
- Health Centers
- Prenatal Groups
- Hospitals
- Wellness Groups
- Food Bank
- Elders Program
- Community Programs
- Rediscovery Camps



Learning from our Elders



Field Trips and Workshops





Vitamins B₆ B₁₂ make

and Milk Products



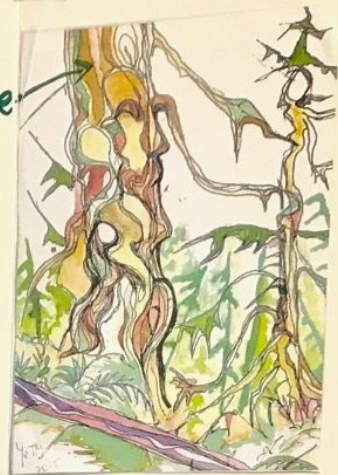
↑ Soil Microbes ↑ Mycobacterium Vaccae

Tryptophan
Tyrosine

Serotonin

Dopamine

phytochemicals
essential oils
lowers cortisol



Gut-Brain Axis

Lungs

Lungs

Liver

Stomach

Intestines

(prebiotics)
Probiotics increases
stomach flora

Stimulates Serotonin
production

90% made
in gut

