

Nourishing Community Wellness

Stories of Learning, Connecting and Healing Through Food

Featuring guest speakers: Rachel Dickens RD CDE(Nuu-chah-nulth Tribal Council),
Jessie Newman RD (Island Health), Tessie Harris RD CDE(FNHA)
Moderated by: Fiona Devereaux RD (Indigenous Health Cultural Safety)

DECEMBER 2ND, 2021
FROM 10AM - 11:30AM



**NUU-CHAH-NULTH
TRIBAL COUNCIL**

NOURISHING COMMUNITY WELLNESS

Stories of Learning, Connecting and Healing Through Food



Jessie Newman, RD Indigenous Health Dietitian

Rachel Dickens, RD, CDE Diabetes Educator

Tessie Harris, RD, CDE Diabetes Educator

Fiona Devereaux, RD

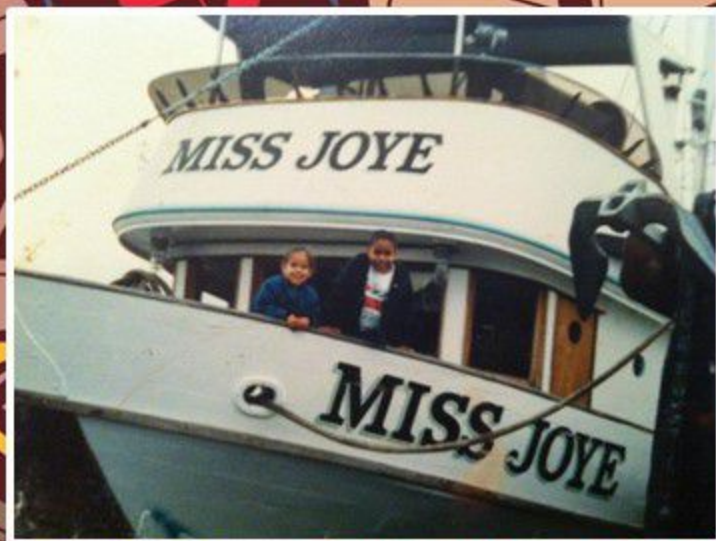
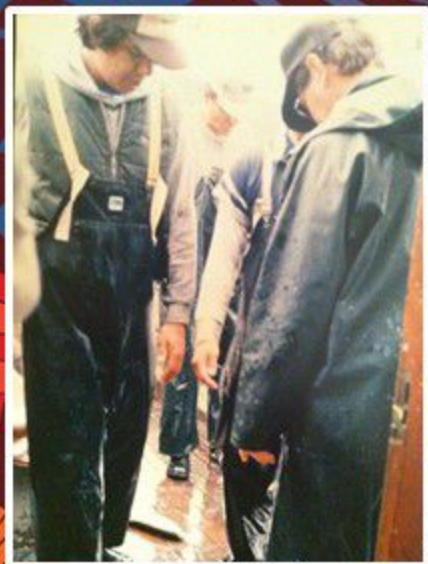


Jessie





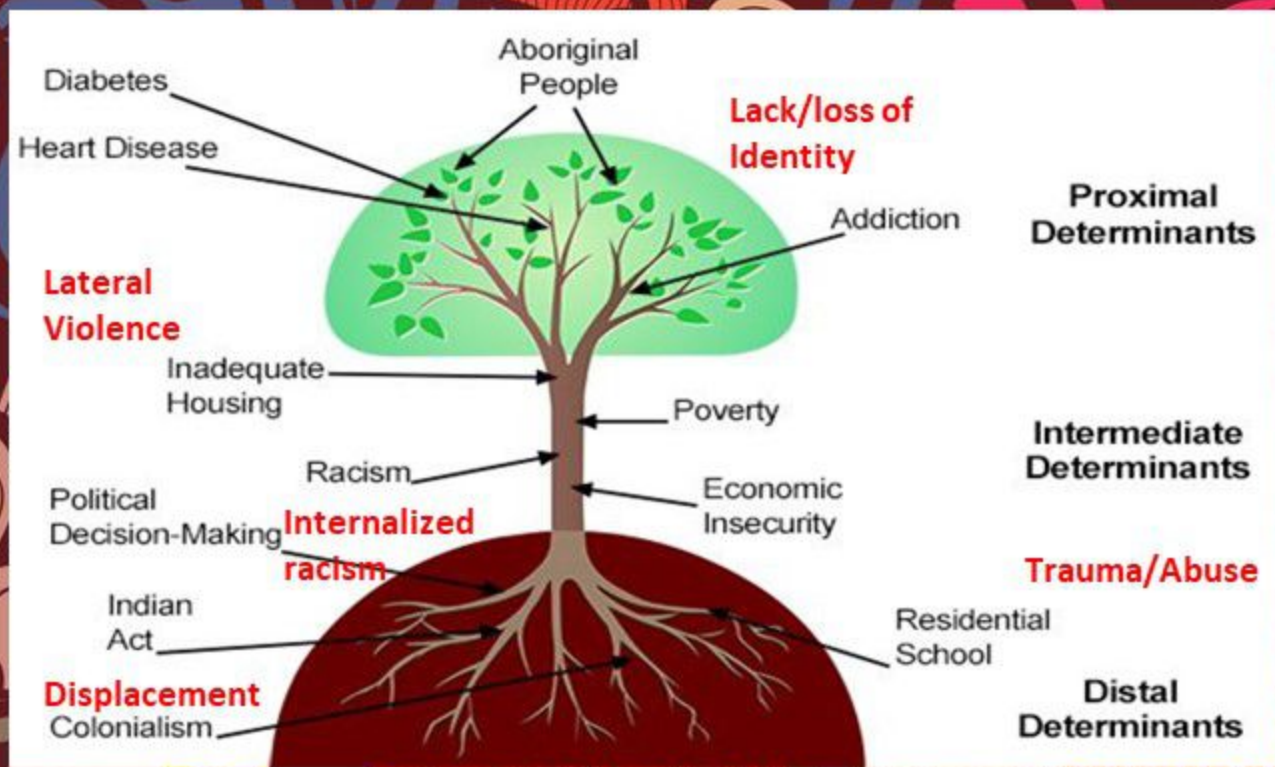
MY YOUTH



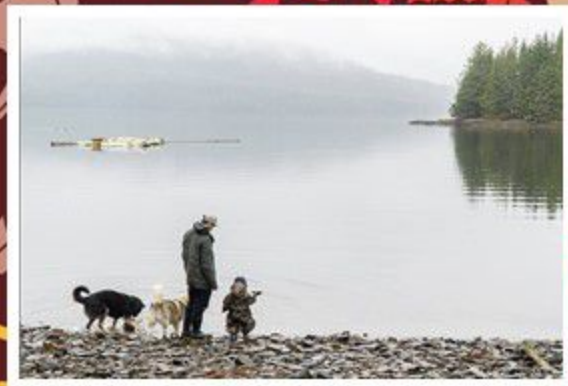
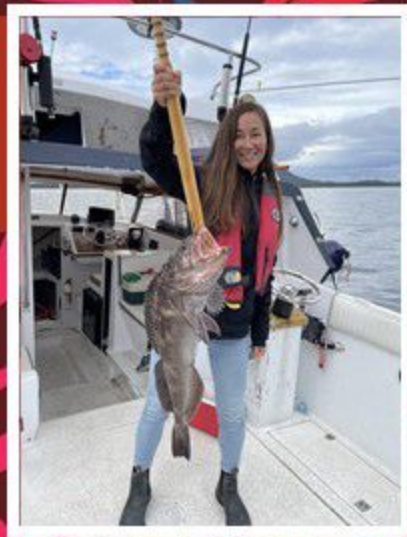


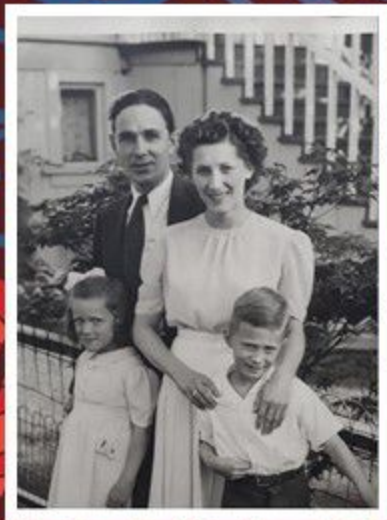
**VERNA &
MURIEL**

INDIGENOUS DETERMINANTS OF HEALTH



About Rachel





Two Eyed Seeing Approach

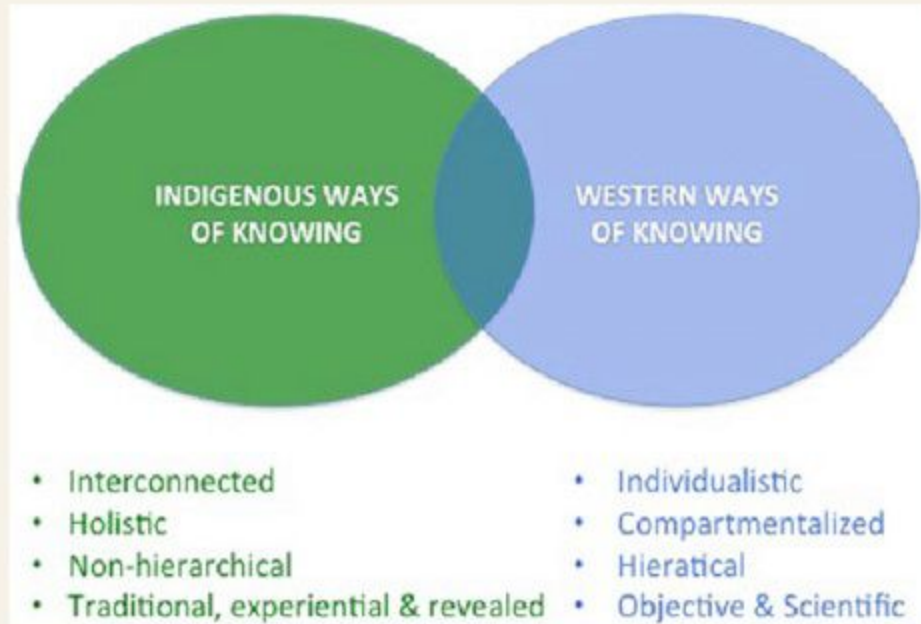


Image adapted from Bartlett and Marshall (2010)

About Tessie





UBC Grad. Certificate in Indigenous Public Health





NOURISH

The future of food
in health care.

We're not just working
in the food and health
systems, we're working
in **deeply entrenched
and invisible systems of
power**, like colonialism
and capitalism.



KNOWLEDGE KEEPERS INITIATIVE

- Location: Northern Vancouver Island - Tsa'xana, Ehatis, Oclucje, 'Yalis, Gwa'yas'dams
- Duration: October 2020-April 2021
- Budget: \$58,000 [\$29,000 IHIP + \$29,000 Island Food Hubs (CFAI)]
- Nuu-chah-nulth Nations – Mowachaht/Muchalaht, Ehattesaht, Nuchatlaht
- Kwakwaka'wakw (Whe-la-la-U) Nations – Mamalilikala, Ławitsis, Da'naxda'xw, Kwikwasuṭinuṭw Haxwa'mis



Knowledge Keeper Initiative



KNOWLEDGE KEEPERS

Nuu-chah-nulth



Kwakwaka'wakw



TSA'XANA



THE FRIENDSHIP COMMUNITY GARDEN



GATHERING IN THE GARDEN



GATHERING IN THE GARDEN



THE PANTRY

