

## Celebrate Successes

Community-based organizations participating in the NHFI are unique and successful at increasing the food supply, reducing the cost of nutritious food in the north and reducing the effects of poor diet on health. Meeting needs in over 50 communities, NHFI food security and local food production projects include:

- providing gardening needs from seeds to tillers for over 500 gardens that produce potatoes, carrots, onions, peas, broccoli, tomatoes, green beans, turnips, peppers, cucumbers and more
- container gardening and raised bed projects
- over 5,000 fruit bearing trees and shrubs planted including apples, strawberries, raspberries and saskatoon berries.
- extending the growing season through building or refurbishing 18 greenhouses and cold frame structures
- providing over 340 freezers to low income families in 18 remote communities as a part of a Revolving Loan Freezer Program
- programming in schools through provincial school nourishment programs
- teaching northern students about plant, soil and food sciences using the Frontier School Division Veggie Adventures curriculum and engaging over 150 students to grow plants at school
- youth and family resource centre programming
- diabetes education and nutrition awareness

- workshops and conferences that teach people to harvest, can, preserve and cook wild foods and garden produce
- garden tool lending program
- promoting livestock production in five communities, including raising goats for fertilizer and milk, raising chickens and turkeys for meat and eggs, and the preparation of a poultry production manual
- educational DVDs on gardening and traditional gathering and preserving
- traditional hunting, gathering and fishing for bulk storage
- composting and soil blending workshops and materials

Other projects supported that promote food security include:

- Root Camp Workshop
- Veggie Adventures Curriculum Workshops
- Growing Local Conferences
- Vitality Gardening series on Aboriginal Peoples Television Network
- Shamattawa Horticulture Therapy project
- Mel Johnson School documentary film ... *And This Is My Garden*

For more information about the Northern Healthy Foods Initiative please contact:

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# Northern Healthy Foods Initiative



**M**andated by the Healthy Child Committee of Cabinet, the Northern Food Prices Report 2003 recommended ways to reduce the cost of accessing affordable nutritious foods in northern and remote Manitoba communities.

## Implementation and Delivery

The Northern Healthy Foods Initiative (NHFI) primary focus is food self-sufficiency. Objectives include:

- support and promote local:
  - garden initiatives
  - greenhouse projects
  - community foods programs
  - food business development
- help Northern Manitobans make healthier food choices and make these foods more available
- stimulate economic development and diversification that will improve the quality of the Northern Manitoba food system
- demonstrate new approaches to improving food accessibility in Northern Manitoba



NHFI is administered by Manitoba Aboriginal and Northern Affairs. It also receives guidance from an NHFI Management Committee with representatives from Manitoba government departments and agencies including:

- Manitoba Aboriginal and Northern Affairs
- Manitoba Agriculture, Food and Rural Initiatives
- Manitoba Conservation
- Manitoba Health
- Manitoba Healthy Living, Youth and Seniors
- Healthy Child Manitoba

## Service Delivery Model

Food security projects are delivered in northern and remote communities by community based organizations. These regional partners include:

- Bayline Regional Roundtable Inc.
- Northern Association of Community Councils Inc.
- Four Arrows Regional Health Authority Inc.
- Food Matters Manitoba

NHFI also works closely with Frontier School Division to implement plant, food science and nutrition curriculum called Veggie Adventures and the Northern Grow Program.

## Communities in the North

The NHFI promotes a variety of northern healthy food and security related programs in Aboriginal and Northern Affairs communities, northern municipalities and First Nations.



## Integral Partnerships

Many non-government organizations make important contributions to NHFI success. These include:

- Keewatin Tribal Council
- Perimeter Aviation Ltd.
- Via Rail
- Manitoba Hydro
- Winnipeg Harvest
- Heifer International
- Peak of the Market

Partnerships also include:

- Burntwood, Parkland and NOR-MAN Regional Health Authorities
- Public Health Agency of Canada
- Manitoba Innovation
- Child Nutrition Council of Manitoba
- City of Thompson

