

## Innovations in Food System Curriculum: Community based action

### Norway House Cree Nation (Presentation 3)

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*Thank you so much for putting together such a strong presentation with good detail and information. The project idea, paired with the personal stories, cultural connections and statistics, was very exciting.*

*This document shares some suggestions and feedback on the presentation you gave at the workshop. We wish you the best of luck as you move your project forward.*

*If you would like a set of eyes to read over any proposals you write for your “Innovations in Food System Curriculum” project, please feel free to contact Julie Price or Katie Daman at [julie.price@tidescanada.org](mailto:julie.price@tidescanada.org) or [kdaman@cfmanitoba.ca](mailto:kdaman@cfmanitoba.ca).*

#### **Main strengths of the presentation:**

1. Local Partnerships with existing Initiatives is great – HBOIERC school garden, Wellness centre, local volunteers and Elders.
2. Calm, clear, confident sharing of information.
3. Presenting a project that addresses a need in the community (good food and cultural strengthening/reclamation) and will have broad benefits. Also a project that is really rooted in local knowledge and local abilities, this is great.
4. Breaking down the project activities into various seasons was a good idea, making them seem slightly more achievable.
5. The use of visuals was helpful when presenting information.
6. Diversity of your presentation group – an Elder, students, and supportive adults. This is a strong mix.

#### **Overall suggestions:**

1. Consider standing up and taking a bit more space if you are giving a verbal presentation. Even for short presentations it's important to make your audience focus on your and hang on your words. Your physical presence will support an attentive audience.
2. We know this presentation came together very quickly. In the real-world situation, be sure to practice together as a group a number of times, timing yourselves and practicing 'who says what' so that the presentation is as smooth & organized as possible.
3. Build a strong 'hook' for the project. I was thinking because you had Nora Whiteway in your group, an Elder and one who speaks her language, a statement from her in the language, and then a comment that fewer and fewer young people can do what she just did or have had the chance to have relationship with the land and culture the way Nora has, this might be an interesting way to frame the need and the opportunity. Just a thought.
4. Make sure you explore health regulations around food harvest and use, and also know your treaty rights and any potential for conflict if you have treaty and non-treaty people taking part in the program. This often comes up as a challenge for northern communities.

## Suggestions to strengthen the presentation/proposal:

- In your overview,
  - clearly explain the project's physical location. Most funders don't know where communities are – a map and a comment about travel time from Winnipeg (for example) will help the audience understand where the community is.
  - Spend a minute talking more about the challenges of food access (grocery and land-based foods). One example of a cost difference between Norway House store and southern grocery will help to illustrate, and one example of the skills and resource needed for land-based harvesting (fishing for example, nets, boat, knives, area to fish, knowledge of how to set nets, clean fish, prepare fish) can help the funder understand the many pieces involved in land-based food harvest.
  - Be clear that this is a pilot and the learning outcomes and expansion opportunities that your project could lead to (for Norway House, for other communities). Funders love to know that their investment might help many communities benefit in the long run – in this case through the sharing of the curriculum
  - Be clear about the number of participants in the pilot – and then the vision of the number of potential participants in the future if the pilot leads to continuing operations and expansion. Norway House is a huge community, the biggest FN in Manitoba. This is an important point in terms of the influence a project like this could have.
  
- For the project activities,
  - It seems like a great many things were being proposed for a pilot project. The seasonal calendar was awesome, but for a pilot I would suggest focusing on 1-2 activities per season to start. It can be a lot of work to do it all at once.
  - suggest you take 1 activity and describe them in more detail so the funder can imagine what it will look like. For example, hide tanning – what does that look like? What do you need to do to make this happen? Is there a picture you could use to illustrate it? (pictures are always great if you can use them)
  - In general, more detail on each of the project activities would be helpful. Maybe a hand out or appendix document that people could look at after the presentation.
  - Because you talk about cultural revitalization with this project, it would be good to talk about how Elders will be involved and explain the important cultural role of Elders in knowledge transfer. Help the funder understand that this is an Indigenous way of learning, doing, and that Elders are essential to the process.
  
- When you talk about history of this idea, remember to include any planning that has already happened. This helps the funder understand if it is a brand-new idea or if there is a long history in turning the dream into a reality.
  - What has already happened in the community? Are there any small versions of this program running?
  - What meetings or commitments have the staff and volunteers of the Wellness made planning and running this pilot project?
  - Has there been planning meetings? Other kinds of planning? Meeting and dreaming together?
  - Are there people who have already committed to volunteer and support the vision?
  
- Is there any research or training that needs to happen to make the pilot a success? If so, how does that fit into the timeline?
  
- Budget
  - Consider making a 'budget notes' sheet to accompany your budget. This would give more detail on each of the items and could contain quotes for some of your more expensive items. Giving detailed notes on your budget items can really help the funder understand why each item is needed and that you have done your homework on costing things out with suppliers and getting an accurate picture of what you need for funding.

- Show the funder contributions and the community contributions together on one page instead of separating them out.
- We wondered if the Wellness would really be able to contribute the in-kind staffing indicated for this program. Often health organizations are already running at max capacity. Consider some extra staffing funds so the pilot gets good support and has the best chance of being strong and successful. It's really unfortunate when a good, strong project doesn't succeed because something that could have been planned for or prevented earlier on (burnout or lack of capacity).
- Consider fridges and freezers if you are harvesting foods.
- Consider where/how foods will be cleaned, processed. For example, the Ithinto Mechisowin Program in South Indian Lake has invested in some stainless steel counters for their fish and moose processing.
- Will there be any shipping costs associated with this project?