



Dialogue on Food Needs in Lac La Biche

October 23/30, 2023
Facilitated by Pieter de Vos & Kim Ghostkeeper

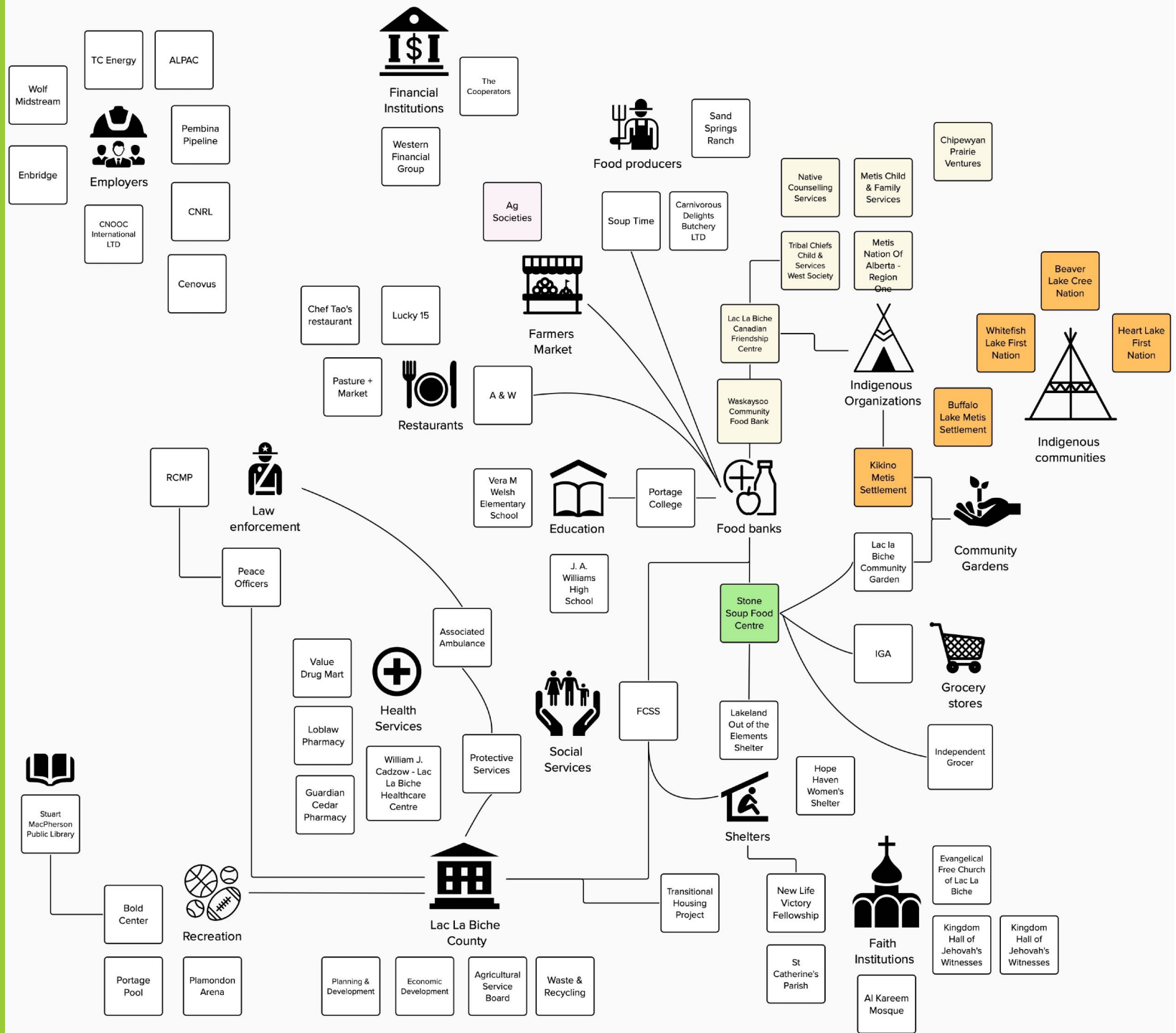
Purpose of Today's Session

1. To get a **better understanding of food needs** in Lac La Biche, especially from the perspective of people who are having difficulties getting appropriate food.
2. To **brainstorm** potential ways of improving the situation.
3. To strengthen **relationships** as we work on this shared challenge.

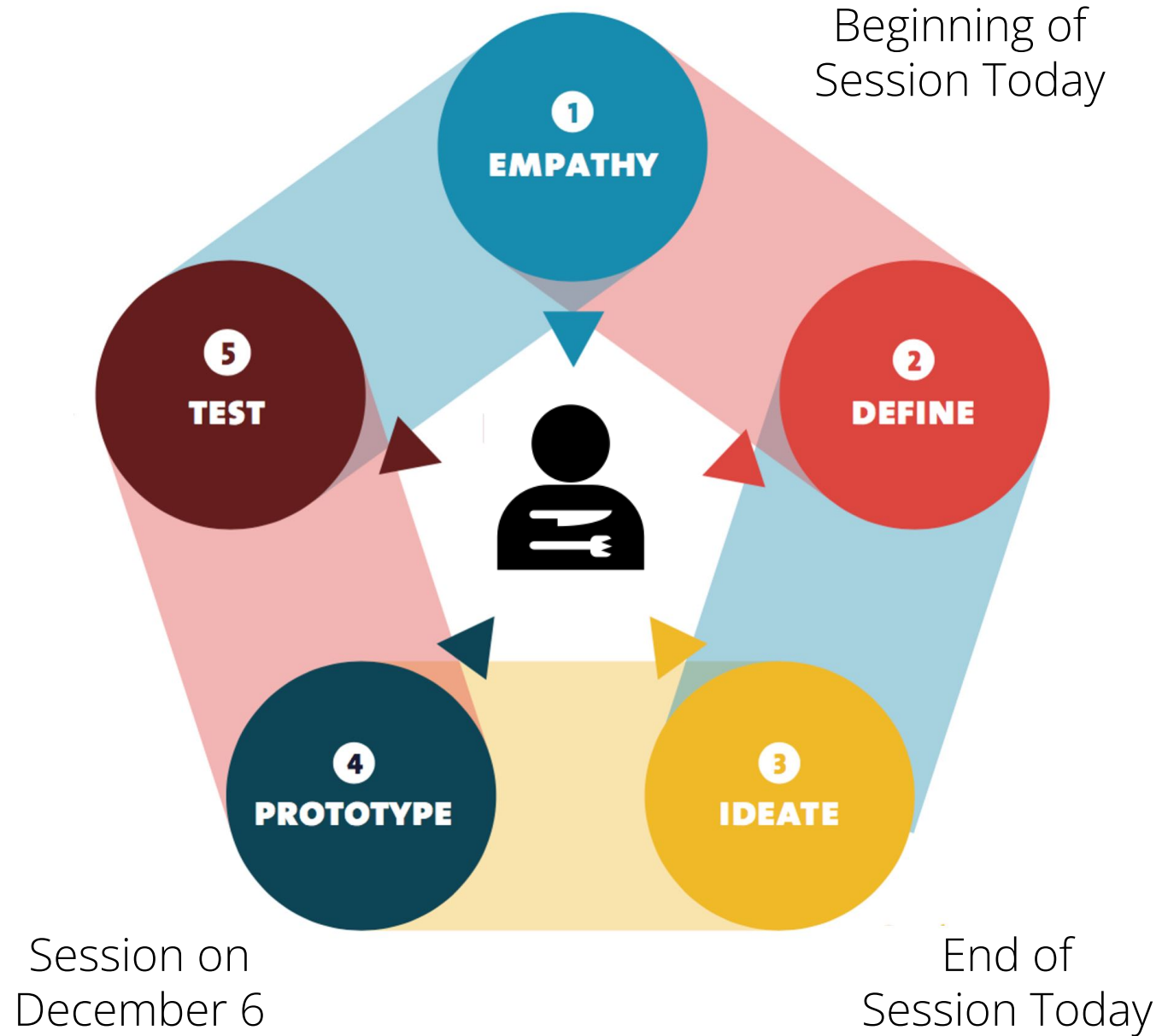
Guiding Principles

- Let's temporarily unhinge from our distractions.
- Let's be courageous in expressing ourselves.
- Let's honour the perspectives of others.
- Let's not be held back by obstacles.
- Let's embrace a sense of possibility.
- Let's expect unfinished business.
- Let's have fun!

It takes a community!



Human Centred Design

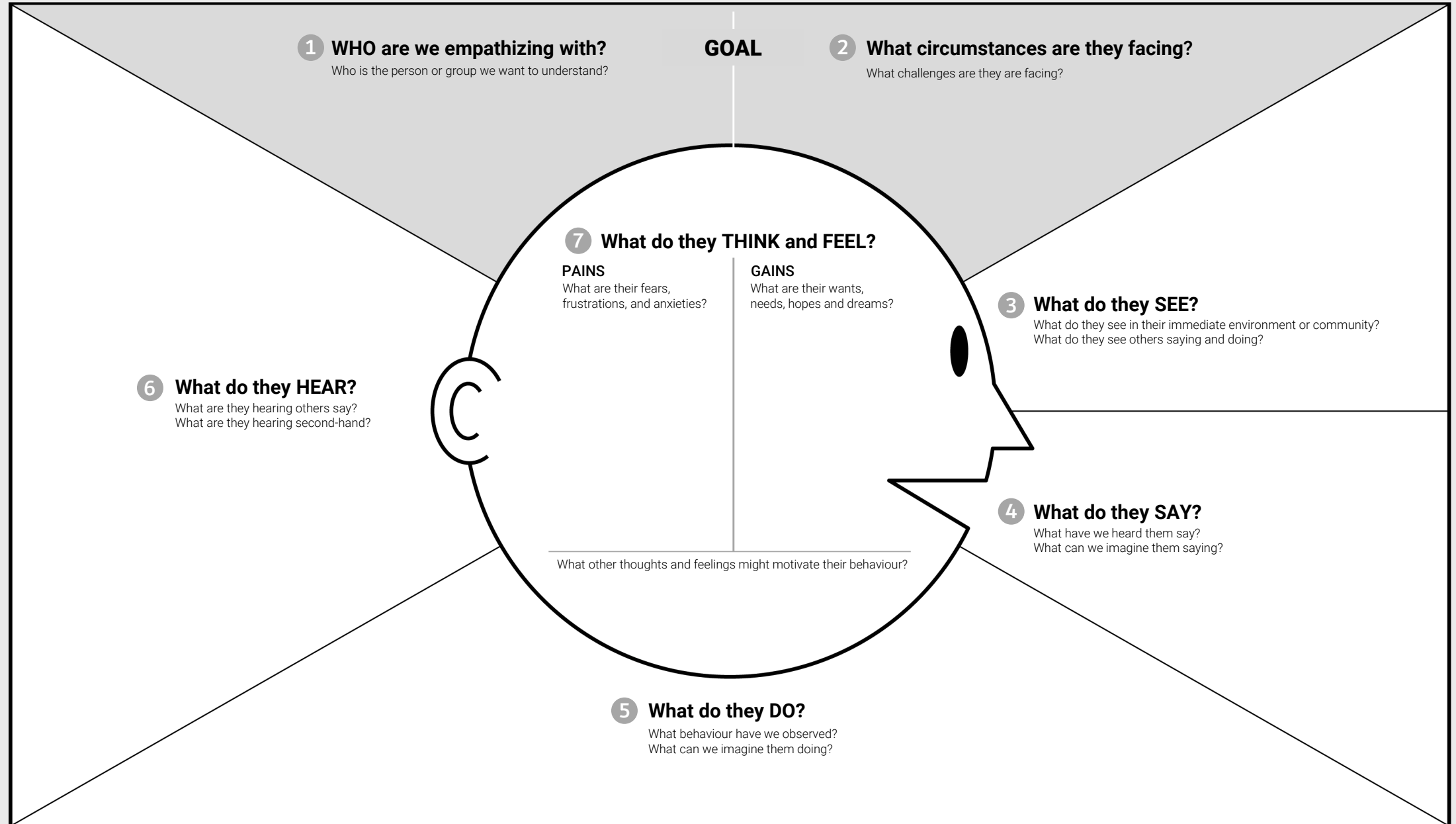


A photograph of a park path. On the left, a dirt path winds through a dense thicket of green bushes. In the center, a paved asphalt path with yellow dashed lines runs through a grassy area, flanked by several large, mature trees with thick trunks. The background is a dense forest of green trees under a bright sky.

**human
experience**

design

Empathy Map Canvas



Indigenous person experiencing houselessness



Empathy Map Canvas



A senior living on a fixed income



Empathy Map Canvas



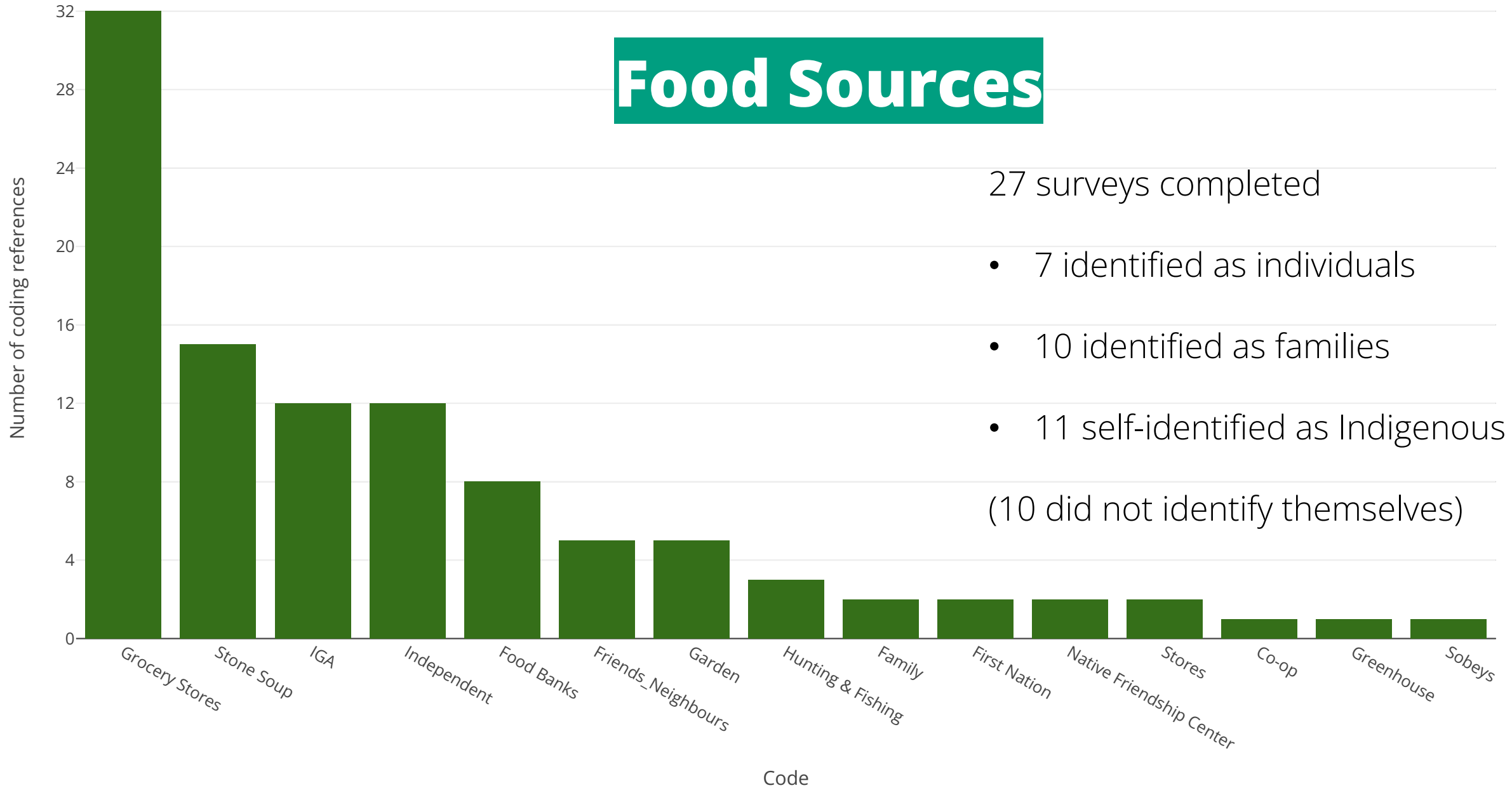
A family living under the poverty line



Empathy Map Canvas



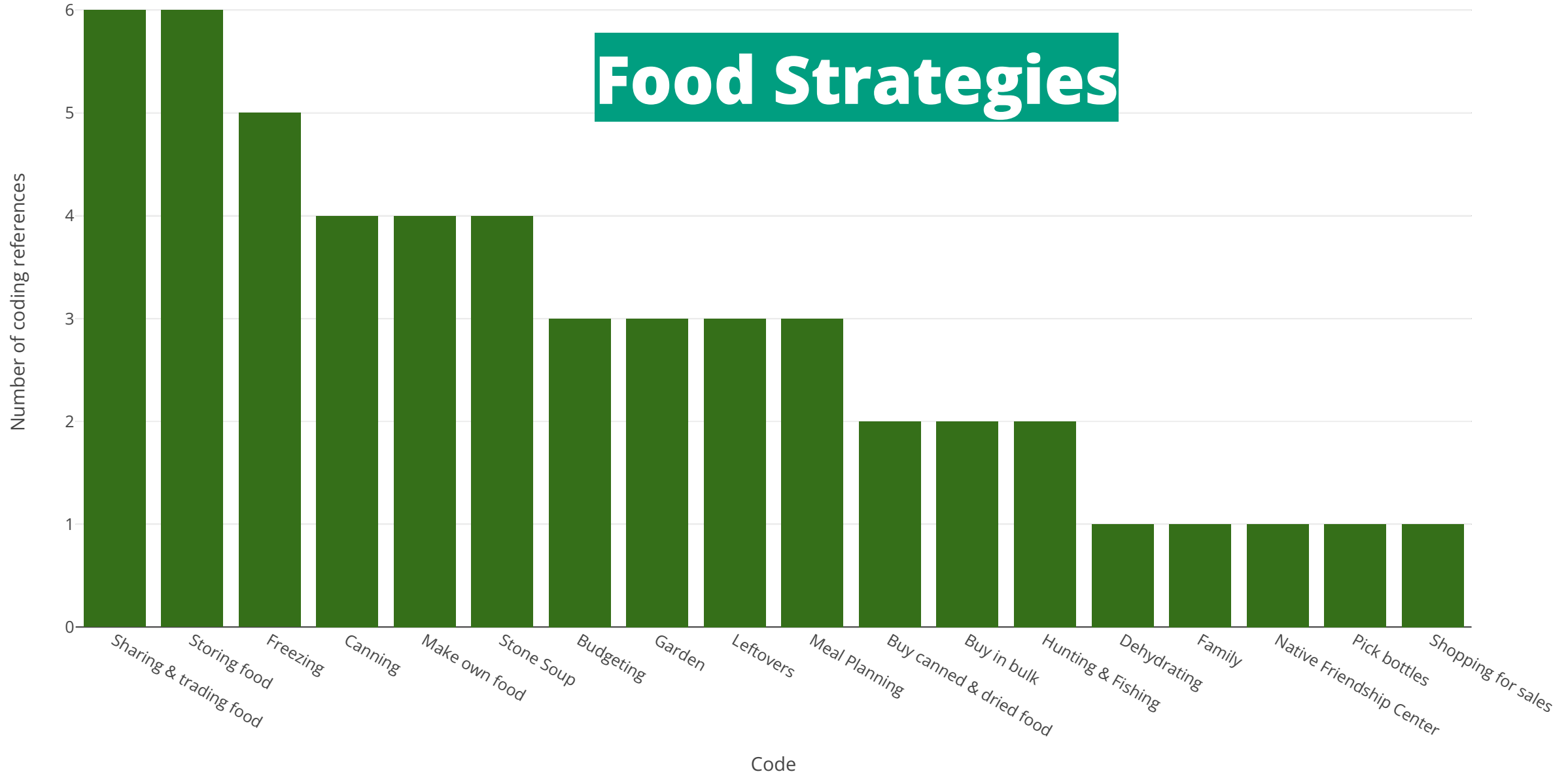
Food Sources



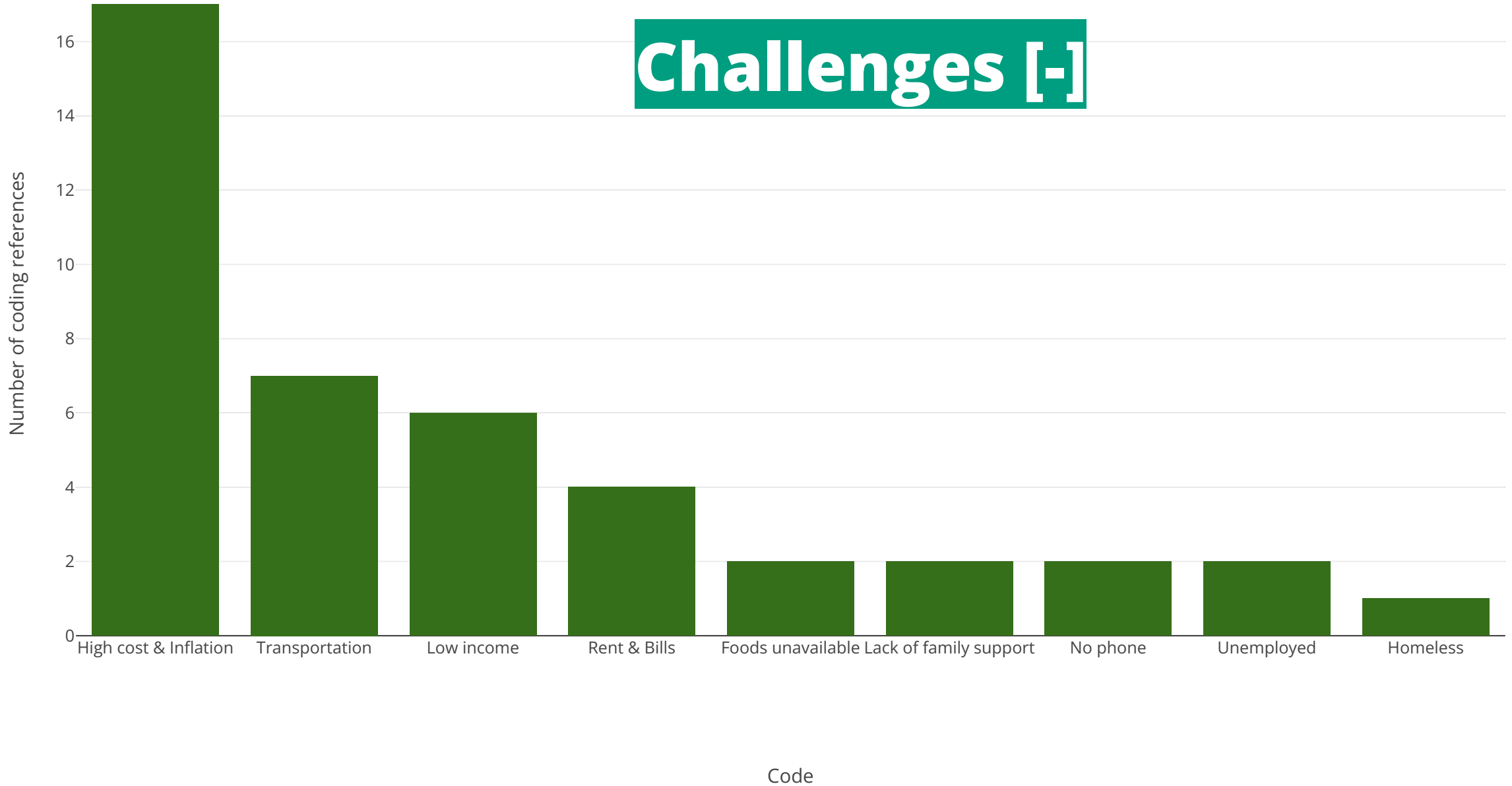
27 surveys completed

- 7 identified as individuals
- 10 identified as families
- 11 self-identified as Indigenous (10 did not identify themselves)

Food Strategies

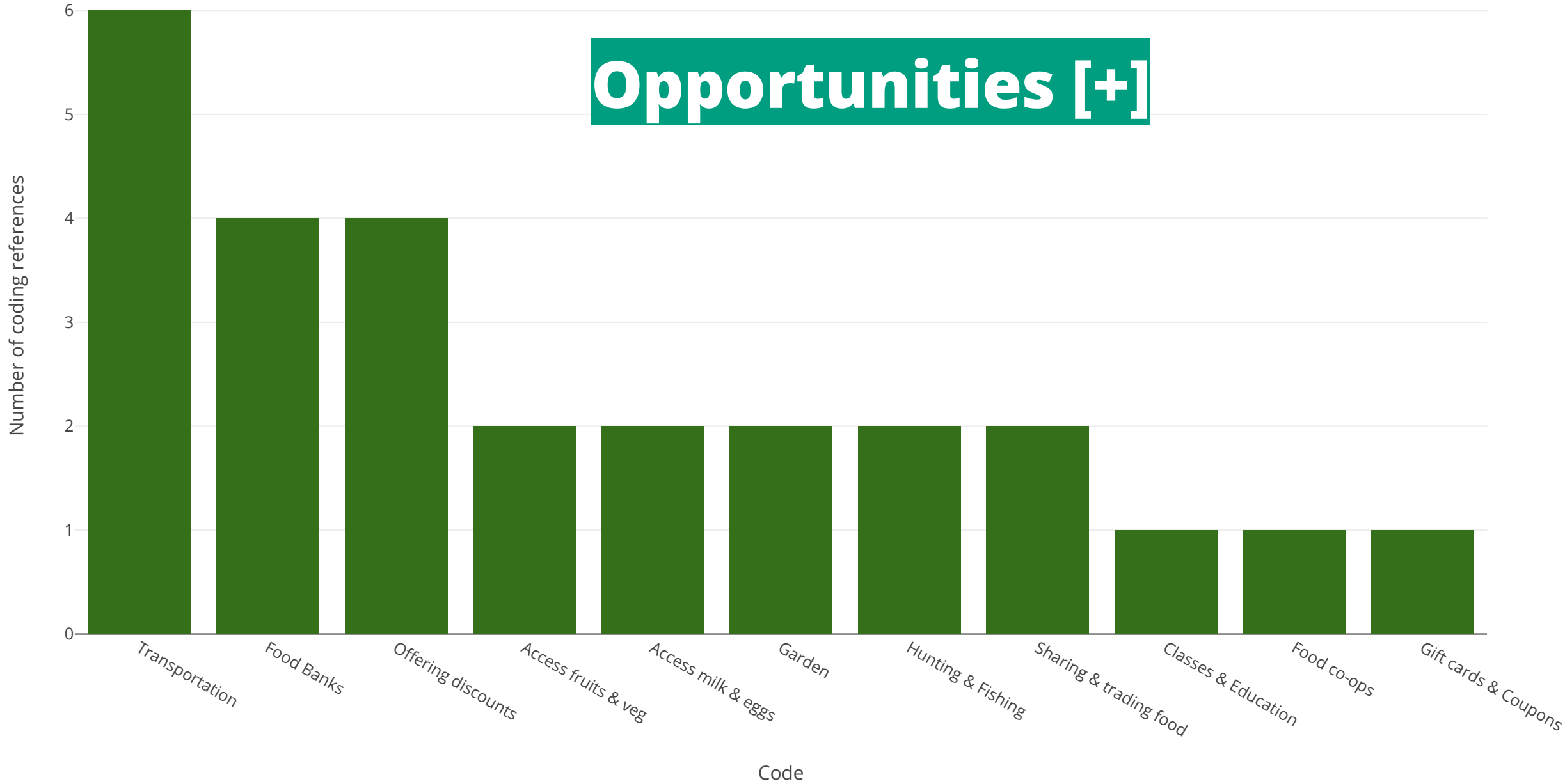


Snap Survey Results_Question 3_Challenges



Snap Survey Results_Question 4_Opportunities

Opportunities [+]



1

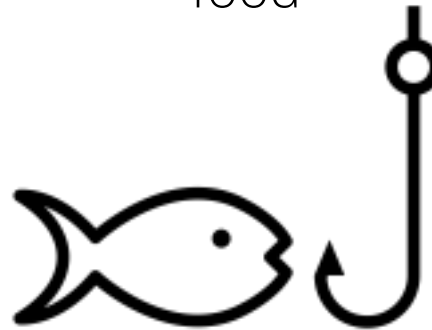
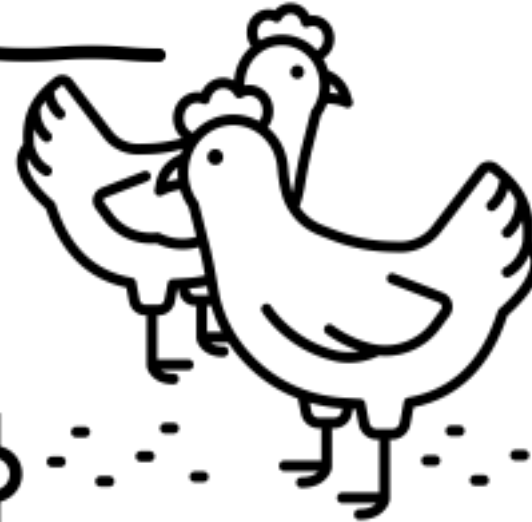


Accessing,
distributing &
sharing food

2



Producing &
harvesting
food

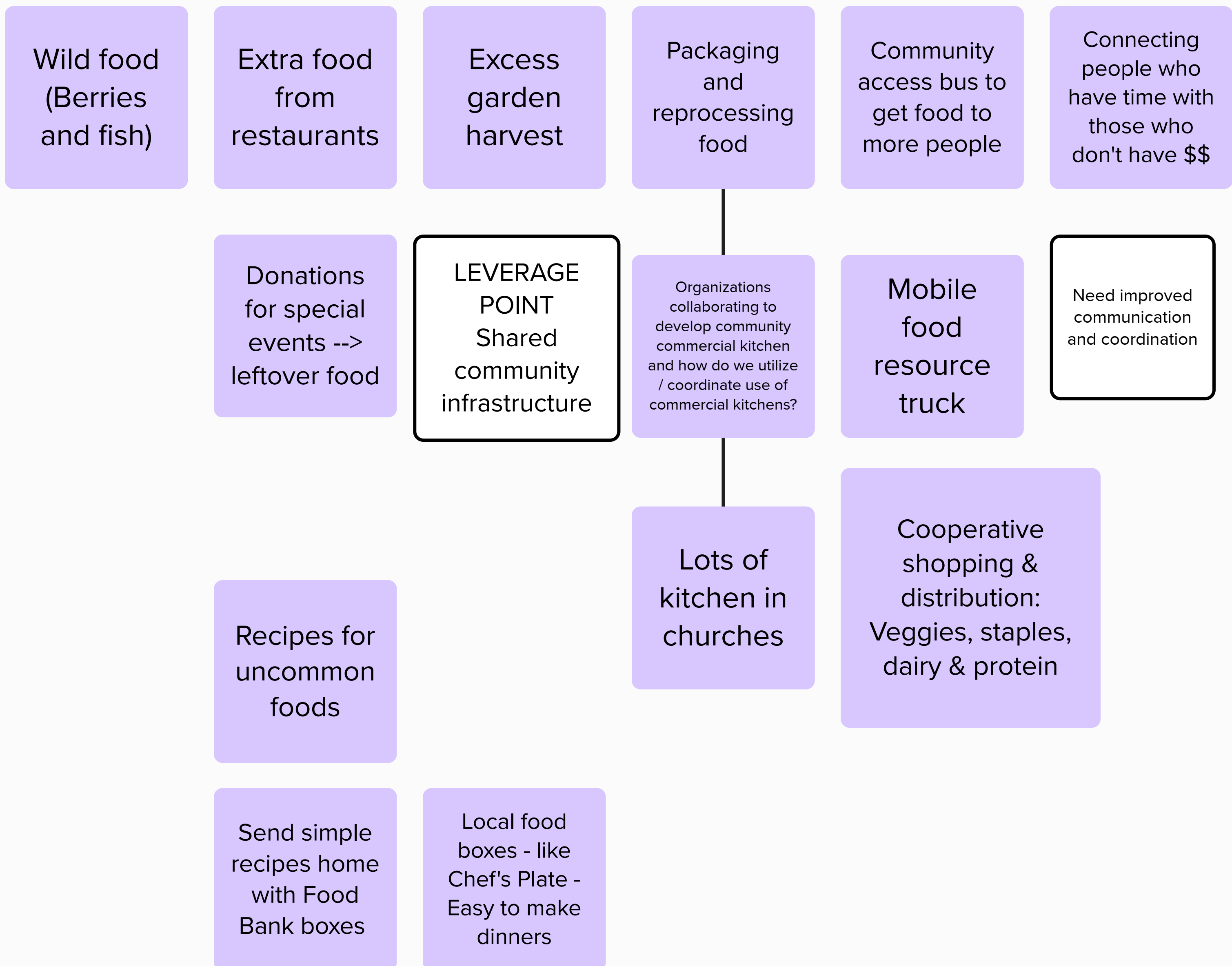


3

Preserving
& storing
food



Station Rotation



2

Producing & harvesting food



Lend a grandma

Harvested medicines and would wild foods made available and known

Opening all harvesting areas in provincial parks (hunting trapping, gathering plants)

Rethinking limitation on fishing / hunting

Take out unnecessary processes & licenses

Learn to Fish Day

Bake more and provide these goods to those who want them.

Bannock making day

Need improved communication and coordination

Community garden with "all access"

"Growing Dome" for community. Anyone can participate

Community chickens

Farm / Garden tool lending library

Summer students hired to help

LEVERAGE POINT
Rebuilding community and social development

Gardners given supplies / Seed bank for local food

Leftover farmers market foods

Gleaning program so people can volunteer to pick extra food

More knowledge about "best before dates" What is really expired?

How to spout greens at home.



3

Preserving & storing food



Commercial Dehydration Vacuum Sealer

Form a lending pantry with a can opener, juicer, dehydrator, sealer & lace canning pot

Have an "intro to canning class through FCSS

Food given to someone who could can/ dehydrate/etc and give to pantry or someone else (Use library to distribute)

LEVERAGE POINT Shared community infrastructure

Dry meat classes

Encourage swapping

Send storage/ freezer containers home with Food Bank boxes

Homesteading groups / classes

Storage: A community freezer / fridge storage units (rent space

Community meal making - freezer meals - Each group makes 50+ meals and then share with other groups