

Food Matters
MANITOBA
harvest. prepare. share.

**2013-2014
ANNUAL REPORT**



Food Matters
MANITOBA
Parlons alimentation

A Message from the Executive Director and the Board Chair

As a registered charity, Food Matters Manitoba partners with newcomers, northerners, farmers and families to harvest, prepare, and share good food. We are working toward the vision of the Manitoba Food Charter, creating a long term local food system rooted in healthy communities, so that no one is hungry and everyone has access to nutritious food.

This has been an inspiring year at Food Matters, working on over 35 projects in communities across Manitoba. In recognition of Manitoba's food security work, we were honoured to be named a Top Ten social change maker by Tides Canada, in addition to receiving the Excellence in Sustainability Outstanding Achievement Award from the Province of Manitoba.

Our action-based harvest, prepare and share projects engage all Manitobans in creating systems changes and food skills they need for life. In northern Manitoba we are supporting First Nations communities as they reclaim traditional food skills and



Kreesta Doucette, Executive Director (left) Bohdanna Kinasevych, Board Chair (right).
Special thanks to Stefan Epp-Koop, as the 2013 Acting Executive Director.

sharing community initiatives that reconnect youth to the land.

The theme of this year's annual report is youth. Though we work with many diverse populations, this year we are excited to share stories from the Aboriginal Youth Exchange, North End cooking classes, and the Localvore Iron Chef Competition.

We would like to thank our dedicated staff, board members, and partners for their hard work. Your talents and commitment go a long way to our success as a team. To our generous donors, without whom we could not carry out all of this important work: Thank you!



What We Do:

Harvest

Reconnecting to Traditional Harvesting and Growing Skills:

- Northern & Newcomer Gardens
- Traditional Food Harvesting
- Manitoba Garden Makeover
- Northern Poultry Project
- Fruit Share Manitoba
- Supporting Small Farms
- Community Freezers



Prepare

Preparing Food and Enhancing Healthy Eating Skills:

- Kids Cooking Classes
- Fresh Food Markets
- Food Skills Workshops
- Good Food Boxes
- Northern Composting
- Healthy Eating Guides
- Community Tables Program



Sebastian, a North End cooking class participant, learns how to saute chicken

Share

Sharing Information and Celebrating Healthy Food:

- Community Food Assessments
- Local Food in Institutions
- Localvore Iron Chef Cook-Off
- Food Security Network
- Growing Local Conference
- Golden Carrot Awards
- Grow North Conference
- Farmers Feast



A Cross Lake elementary class learns about caring for and raising chickens



Two residents share experiences for the Downtown Community Food Assessment



Celebrating healthy traditional food

Amy from Sagkeeng and FMM staff member Lissie at the Youth Exchange.

Connecting Manitoba's Aboriginal Youth

Aboriginal Youth Exchange

For Logan Mason from St. Theresa Point, being a participant in Food Matters Manitoba's first ever Aboriginal Youth Exchange was an exciting experience. At only 12 years old he is already accomplished at raising chickens and fishing, and enjoys the work it takes to eat healthy. For him, food is all about learning and how it brings together family and friends.

Communities have told us that traditional food skills are a part of enabling customs and heritage to be passed down to future generations. When a family sits down to eat a meal together they share stories and knowledge that keep cultural traditions alive.

The Aboriginal Youth Exchange brought together Indigenous youth from Manitoba communities to harvest, prepare, and share food skills and knowledge, and to create a lasting impact that the youth can take back to their communities.

The Aboriginal Youth Exchange also provides a chance for youth to have their voice heard, in a province where at least 24% of on-reserve children go hungry daily and northern food costs are up to 300% higher than in urban centres.

*It's about leaving
that seed of
knowledge to grow*

The three-day event featured hands-on food skills workshops, such as gardening and working in a chicken coop at Fort Whyte Farms, and a trip to Peguis First Nation where youth learned traditional food skills like skinning and ice fishing with nets.

Logan plans to bring the skills he learned back to his community. On top of the harvesting he already does with fishing and raising chickens for meat, he plans to invest in several laying chickens for the upcoming year.

Watch the youth healthy food story video now:





Traditional foods meet modern taste buds

Aspiring newcomer chef Hamed prepares Bison Tacos at a North End cooking class

Who said kids can't cook?

Our Food Our Health Our Culture

For 12 year-old Kaed from a Kurdish family newly settled in Winnipeg, learning about traditional food is inspiring and exciting.

We should never stop cooking.

Like many newcomers Kaed's family has faced challenges adjusting to different foods and cooking styles since arriving in Canada and often can't access the healthy foods they are used to eating.

Elementary school children only receive an average of 3.4 hours of food education each year, less than a minute a day. Our weekly after school cooking classes allow newcomers like Kaed and other youth to gather at

community centres in Winnipeg's North End to share and learn about healthy and traditional foods and how to cook them.

After finding pride in sharing his own cultural food and learning about his friends' cultures, Kaed suggested the class cook some of their traditional foods to build cross-cultural community.

"We want to make lots of different countries' food and invite family... We should also feed the staff the extra food, because the staff at Turtle Island are really important to us. We should never stop cooking!" said Kaed from the Turtle Island cooking class.

Inspired by his enthusiasm, Food Matters Manitoba organized a multicultural potluck for the families, staff, and community members of Turtle Island Neighbourhood Centre. The dishes ranged from Iraqi chicken made by Kaed's mom, to elk stew and bannock, Japanese sushi, and Thai spring rolls.

The weekly cooking classes increase access to healthy food choices while building community. By teaching kids how to cook from scratch we are equipping them with the skills they need for life.

Watch a class' recipe video now:



*Inspiring healthy food
skills for life*



Maggie prepares to compete in the 2014 Localvore Cook-Off.

Creating Food Skills For Life

Localvore Chef Cook-off

In the months, weeks, and days leading up to the Localvore Iron Chef Competition, Ryan, a grade 11 high school student from Gilbert Plains Collegiate, and his teammates anxiously practiced their locally-sourced recipe to perfection. Braving winter conditions, they travelled over four and half hours to participate in this year's competition for the first time. For them, sourcing their ingredients locally meant searching out their neighbours' farms for creative ingredients to include in a winter recipe.

Learning how to source and cook good food is an important life skill, especially when childhood obesity rates have almost tripled

in the last 25 years, and obesity-related chronic illness accounts for \$4.3 billion in healthcare costs.

Understanding where your food comes from is an essential part of creating a healthy and fair food system.

Food Matters Manitoba's Localvore Iron Chef Competition is Manitoba's only local cooking competition for high school and post-secondary students, encouraging teen chefs to find their ingredients from local and sustainable farms.

No need for exotic ingredients when you live so close to homegrown beef and grain farms.

In this year's competition, fourteen teams from across Manitoba competed based on culinary abilities. It was a friendly but heated competition with all of the teams getting creative and going out of their way to source and even grow local ingredients.

Newcomers to the competition, the Gilbert Plains team walked away champions in this year's Home Economics category. The team created a taste tantalizing ravioli dish using vegetables, beef and grain all from farms near their homes.

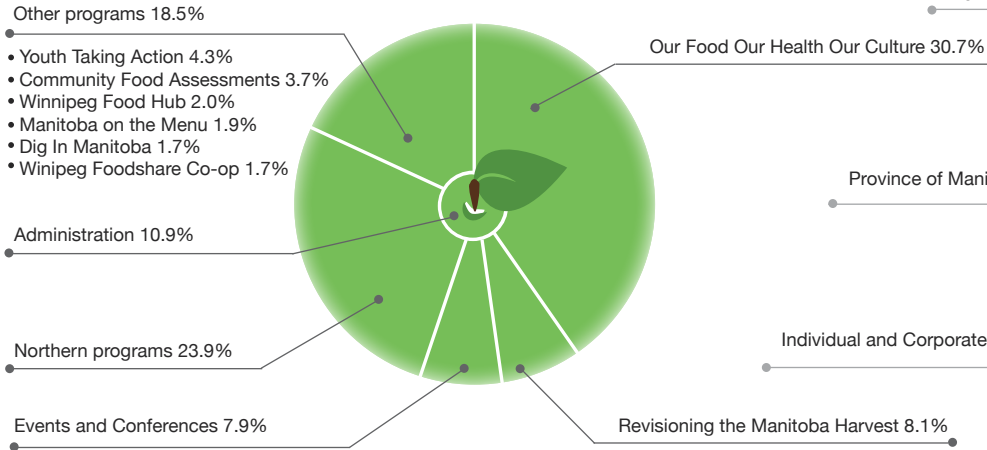
Watch the Localvore video now:



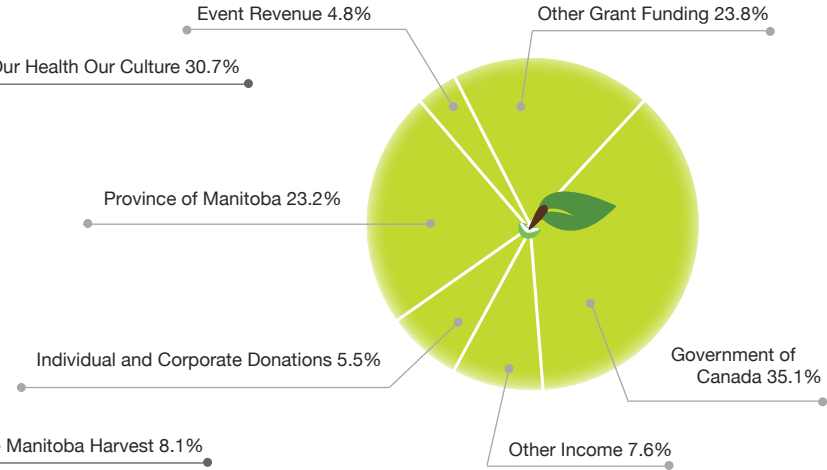
Share

Income & Expenditures

Expenditures 2013-2014:



Income 2013-2014:



Consider giving a gift that grows,

Donate today!

Our Charitable Number is:

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A Year in Photos

Harvest



Logan tries his hand at gardening at Fort Whyte Farms during the Youth Exchange



Winston, from Cross Lake, takes the time to care for his new chickens

Prepare



Haneen prepares chow mein for Chinese New Year at a North End cooking class



An elementary class from D.R. Hamilton school learns about composting with worms

Share



MB Food Security Network members share their experiences and challenges



Chris, a grade 11 student from Gilbert Plains, preps his dish for Localvore

The Food Charter

The Manitoba Food Charter is the founding document of Food Matters Manitoba. Drafted through more than 70 public consultations, the Charter is a vision of how Manitobans think their food system should be and a common goal for all of us to work towards.

You can help turn the vision into a reality by identifying the action you will take and signing the Manitoba Food Charter!

You can read the full Manitoba Food Charter document in English, French, Cree and other translations online at:

foodmattersmanitoba.ca



New Charter Signatories

Indigenous Family Centre

United Nations Platform for Action
Committee Manitoba

NorWest Community Health Co-op

North End Food Security Network

Neechi Foods Co-op Ltd.

Nature's Farm

The WRENCH

Local Food Plus

North End Women's Centre

Point Douglas Residents Committee

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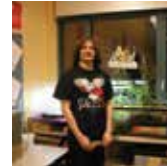
April Slater
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Chloe Donatelli
Northern Liaison



Damien Lawrenchuk
OFHC Fox Lake



Daniel Gladu Kanu
Revising the
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Julie Rempel
Community Food
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Kelly Janz
Community Food
Assessments 2014



Kelsey Evans
Northern Logistics



Leanne Dunne
Manitoba on the Menu
2014



Lindsay Sawatsky
Manitoba on the Menu
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Lissie Rappaport
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Raquel Koenig
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Manitoba Agriculture, Food & Rural Development

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Vita Health

Winnipeg Technical College

(Left) Autumn Scott from Cross Lake, learns how to propagate plants and raise chickens, as well as traditional ice fishing skills at the 2014 Aboriginal Youth Exchange.

*See our website for a full lists of in-kind partners.

As a registered charity,
Food Matters Manitoba
works with northerners, newcomers,
farmers and families, to harvest,
prepare and share good food.



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