

A year of

GREAT FOOD

made possible by **YOU**

2014 - 2015
Gratitude Report

*Food
Matters*
MANITOBA
Parlons alimentation





A year of Great Food

MADE POSSIBLE BY YOU

We're on a mission. And because of you we're on our way to a Manitoba where everyone has good food to eat. Like 12-year-old Darren, who goes to cooking classes on Tuesdays in Winnipeg's North End neighbourhood. He's learning good food skills like reading recipes, food safety, and working in a kitchen with others. And the best part? Going home and teaching his siblings new, delicious recipes, like bison tacos! It's good food skills for life that build a healthier Manitoba.

This year, community members across Manitoba have reclaimed good food skills, gained access to healthy food options, and shared their knowledge with others. Good food opportunities continue to make a difference for people.

Your generosity changes lives. Together, we can turn your vision of good food for everyone into reality.

Kreesta Doucette

Food Matters Manitoba – Executive Director

**“It’s time for Manitoba
to be a place where
everyone can eat
healthy food.**

**That’s why I’m energized
and honoured
to be volunteering
as Food Matters Manitoba’s
new Board Chair.”**

Angela Chotka

*Food Matters Manitoba
Board Chair*





With your support **NEW CANADIANS ARE COOKING** UP A HEALTHY FUTURE TOGETHER

It's difficult to put into words the impact that a little nutritional education can have on new Canadians. While many hold a wealth of good food knowledge it doesn't always translate to cooking in Canada.

Parents in our cooking classes have told us that they really struggle to make healthy school lunches for their children. So the classes focus on easy and healthy recipes like pita pizzas.

"At the end of one of our sessions the interpreter told me that prior to the class, one of the young mothers didn't know how to turn on an oven," says Amy Coulet, a nutrition intern at Food Matters Manitoba.

"She later went home and taught her children how to make healthy pizzas and now they make them for themselves!"

"As a mom, I knew learning about nutrition was important.

The food we learn to make tastes good, it's easy and my kids and grandkids like it. I will go home and tell my daughter-in-law about today." — K'Tu



K'Tu Karen
New Canadian from
Burma

“Gardening is everybody’s business.

People in the community, when they see what we’ve grown here, they’re amazed. Now support for our project will really grow, as we’ve got the Elders on our side.” — Trina

Trina Halkett

Community Health Representative
Food Matters Manitoba – Indigenous Advisory Committee
Brochet, Manitoba

Malcolm

Brochet, Manitoba

Your generosity grows **GOOD FOOD IN NORTHERN COMMUNITIES**

Thanks to you, local gardens are now nourishing people in Brochet. This year under the leadership of Trina Halkett, a community built greenhouse significantly extended the short growing season. And two young people were hired to help tend the garden and teach others. Malcolm, a student in grade nine, was one of them.

In Brochet, where a ten pound bag of potatoes costs \$30, fresh produce is highly valued. In early September Malcolm harvested potatoes, onions, cabbage and turnips. After the harvest he visited more than 30 Elders to deliver bags of vegetables.

With encouragement from Trina, Malcolm practiced speaking Cree with many of the Elders. Trina told him that by providing for the elders he had become a leader in the community.

Thank you!

A year of good food made possible by the generosity of donors like you.

\$100+ Donors

All Charities Campaign
Barnett, Ian
Barron, Doug*
Bend, Erin
Bend, Susan
Bend, Warren
Birt, Kathie
Boutet, Farley
C & T Holdings Ltd.
Canadian Linen &
Uniform Service

Cary's Ltd
Connor, Iain
Dillon Consulting
Donatelli, Chloe
Doucette, Caroline
Doucette, Kreesta and
Taylor, Jon*
Earl, Corrine*
Elliot, Wendy
Epp-Koop, Stefan and
Laurel
Epp, Roger and Rhonda
Fernwood Publishing
Fieldhouse, Paul
Gardiner, Laurel*
Gladu, Daniel*
Gray, Arlin
Hamilton, Linda &
Morrow, Grange*
Hilroy, Kameron
Humanists, Atheists and
Agnostics of Manitoba
James, Natalie*
Janchenko, Anna
Johnson, Donald and
Daphne
Kaethler, Carmen
Kaisaris, David

Kehler, Betty
Koop, Marvin and Evelyn
Kupca, Katarina
Lacoste Garden Centre
Laverdure, Barbara
Love Local MB
McLachlan, Ted
Menno Simons College
Students Association
Mikuska, Julie and
Tinman, Charles
Mikuska, Laura
Minish, Carly
Mitchell, Corrinne
Nagy, Katalin
Natural Healing
Veterinary Care
Oakman, Hilary
Prairie Originals
Ready Set Grow
Hydroponics
Red River Soils
Redekop, Lucas and
Alison*
Reimer, Marlin
Romio, Nicholas
Rosner, Lainie
Rudolph-Crawford, Lori

Schoemperten, J
Sears, Jonathan
Slater, Joyce
Sunshine Greenhouse &
Landscaping
T&T Seeds Ltd
Taylor, Yvonne
The Home Depot
Winnipeg North
The Winnipeg Chamber
of Commerce
Thys, Michael*
Troy, Jakelin
Tutthill, Michael and
Moquin, Rob*
Watts, Allyson and
Bushell, Lee
Weeks, Annika
Weier, Anna*
Wiebe, Jacinthe and
Wade
Wiens, Matthew and
Elizabeth

*** Monthly Donor**

*You too can
make a difference.
Join us, donate today!*

\$100,000+

Anonymous Donor / Manitoba Aboriginal and Northern Affairs /
Heifer International / National First Nations Environmental
Contaminants Program / Public Health Agency of Canada /
The Winnipeg Foundation

\$50,000+

Manitoba Agriculture, Food and Rural Development / Northern
Manitoba Food, Culture and Community Fund

\$20,000+

Employment and Social Development Canada / Manitoba
Conservation and Water Stewardship / Manitoba Health, Healthy
Living and Seniors / Mikuska Group

\$5,000+

The Bauta Family Initiative on Canadian Seed Security / Centre for
Aboriginal Human Resource Development / CBC Manitoba / Honour
the Earth / J.W. McConnell Family Foundation / Manitoba Alternative
Food Research Alliance / Manitoba Hydro / Royal Bank of Canada /
YMCA-YWCA

\$2,000+

Assiniboine Credit Union / Jewish Foundation of Manitoba /
Neighbourhoods Alive! / Vita Health Fresh Market Give Back
Program / Weston - Seeding Stronger Communities / Wookey Films

“We believe in local solutions to local challenges.

We give to Food Matters Manitoba, a community organization who works to address the root causes of inequity through community engagement.”



Mike Tutthill & Rob Moquin

Food Matters Manitoba Donors

foodmattersmanitoba.ca/donate

**“Kids participated that we don’t see in other programs.
I think it was the traditional element that brought everyone together. And the
hands-on, food skill building got the kids really excited.”**

— MEGHAN LOEWEN COOK, WAYFINDERS MANITOBA, PROGRAM DIRECTOR

With your help **YOUTH ARE LEARNING FOOD SKILLS THAT CONNECT TO THEIR CULTURAL ROOTS**

Because of you, mentors from Fox Lake got hunting backpacks, decoys, pots and pans, and tools for their annual spring goose hunting camp.

The camp, located just outside of Fox Lake Cree Nation, gives youth the opportunity to learn traditional food skills that have sustained Northern communities. The youth learned about cleaning and processing the geese. They had lessons about beading, jigging and goose calls from the Elders.

“These skills are being shared between generations. Seeing the interaction is inspiring as traditional skills and knowledge are being passed down from Elders in the community to young people.” says Tim Stevenson.

And because of you, kids in urban areas, like Winnipeg’s North End, are also learning about traditional food. For the first time in their lives, These young chefs got the chance to process, cook, serve and taste wild goose.

Tim Stevenson

Food Matters Manitoba
Northern & Indigenous Community Liaison



Because of you

ADULTS ARE GAINING EMPLOYMENT AND KIDS ARE LEARNING TO COOK

You can't eat good food if you don't know how to make good food. And kids want to learn! Thanks to you and partnerships with North End community centres, we can offer free kids cooking classes every night of the week. It's a place to learn about cooking from scratch and making friends.

Because of you, kids have mastered healthy recipes like fresh salad wraps and bison tacos.

Crystal herself learned to cook at Community Tables, our healthy food training program for North End community leaders. Now she's employed teaching kids what she's learned about good food.

Crystal has seen amazing growth in the young cooks' skills. Like Abby, who applied what she learned about dicing tomatoes one week and taught herself to dice onions the next.



Crystal Courtland
Kids Cooking Club teacher
Ralph Brown Community Centre

"Cooking Club teaches
you how to cook in
the real world.

You don't just have to go to a
restaurant and order."

— SYDNEY, AGE 10
RALPH BROWN COMMUNITY CENTRE



COOKING CLASS #2

What did you make today? pita pizza

Answer for each question: OK

Class fun today? ☒ Yes ☐ No

It was ok ☐ It was not fun ☐

Food at home? ☐

Were there any new foods in what you made today?
☒ Yes ☐ No

What was new? pita pizza

Did you learn anything else today?
yes that a was
fun and I know
that it is going
to be good

What is something that you learned today?
I try new things
try new things

COOKING CLASS #2

What did we make? Sandwiches

Answer for each question: ☐

Class fun today? ☐

It was ok ☐ It was not fun ☐

Food at home? ☐



NORTH END WINNIP

PASSPORT

'14-'15

Meet the team



Stefan Epp-Koop
Program Director



Anna Levin
Community Food
Facilitator



Erin Bend
Development
Coordinator



Kelsey Evans
Program Liaison



Erin Mitchell
Revisioning the MB
Harvest Coordinator



Chloe Donatelli
Northern &
Indigenous Liaison



Daniel Gladu Kanu
Northern & Indigenous
Coordinator



Lissie Rappaport
North End
Coordinator



Kreesta Doucette
Executive Director



David Heinrichs
Standing Medicine
Coordinator



Tim Stevenson
Northern &
Indigenous Liaison



Leanne Dunne
Local Procurement
Coordinator



Nicole Lamy
Northern &
Indigenous Liaison



Carolyn Townend
Communications &
Office Coordinator

Food Matters Manitoba Board

Angela Chotka | Board Chair
Lovepreet Dhunna | Board Member
E.J. Fontaine | Board Member
Laurel Gardiner | Board Member
Carol Hydamaka | Board Member
Tamara Kemp-Boulet | Board Member
Pat Lachance | Board Member
Adele Sweeny | Board Member
Phaedra Miller | Provincial Gov. Rep
Lori Rudolph-Crawford | Federal Gov. Rep

Indigenous Advisory Committee

David Daniels | Long Plain First Nation Community Member
Trina Halkett | Brochet First Nation Community Member
Stephanie Sinclair | Assembly of Manitoba Chiefs
Adele Sweeny | Keewatin Tribal Council
Angela Young | Ma Mawi Wi Chi Itata

Interns & Practicum Students

Amy Goulet | Emerging Leader Fellow
Christina Janzen | Digital Communications Intern
Breanne Lucky | Creative Communications Practicum
Brad Muller | Evaluation Intern
Rhianna Saj | Communications Assistant Intern
Rebecca Trudeau | Program Assistant Intern
Kristen Wolfe | Human Ecology Practicum

Not Pictured:

Liana Lutz | Accountant



4-640 Broadway
Winnipeg, MB R3C 0X3
204-943-0822, 1-800-731-2638
info@foodmattersmanitoba.ca
foodmattersmanitoba.ca

Registered Charity number:
830978169RR0001



Thank you!

