

Jacob Bird

The film maker

When the 18 year old student at Frontier Collegiate in Cranberry Portage signed up for the Northern Youth Gathering it was like the stars aligned. There was funding in place from the Public Health Agency of Canada for a video resource to document the Gatherings and a desire to share the impact of the project in a way that respected the voice of the participants.

Jacob's face lights up when he talks about his 5 week training course back in 2016 at the Adam Beach Film Institute in Winnipeg. "It is when my life changed," he shares. He is grateful for Mr. McLean, his grade 10 teacher in Black River, where Jacob was raised, who arranged for him to



take the course. When he entered Frontier Collegiate to finish high school Mr. Murnick, the video teacher, became his new mentor and encouraged his development.

Jacob plans to further his education in media design when he graduates from high school in 2020.

Jacob identified that he wanted the film to convey adventure, reconciliation, community, resilience and youth empowerment, the core aspects of the weekend long event for him.

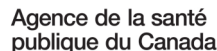
He is responsible for the concept, script, photography and editing with the support of Just TV, a program out of the West Broadway Neighbourhood Centre (Winnipeg) focused on mentoring young video artists.

To access the video and for more information visit foodmattersmanitoba.ca
Connect with us through info@foodmattersmanitoba.ca 204.943.0822

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Journey to the North

A short video documenting Land Based Education for Youth in Northern Manitoba

Journey to the North (5:55 minutes) documents Food Matters Manitoba's 2019 Northern Youth Gathering through the video lens of Jacob Bird, one of the young Indigenous participants.

Through Jacob's reflections we learn about the land based activities the young people experienced.

Programs like this help me restore the link and reconcile with the lost traditions of my people.

The more we as a people learn, the more that we show that we carry resiliency and can be empowered through our lifetimes.

Among them are skinning a lynx, building a shelter, catching fish. We also get an understanding of the impact the program has on shaping a generation of leaders who will address food insecurity in their communities.

Colonial and racist policies and attitudes continue to negatively impact Indigenous communities. Recovering traditions and accessing culturally appropriate foods is a step toward redressing discrimination.

Building knowledge, skill and pride in young people is another important aspect. Deepening cultural wisdom and practices related to food (harvesting, growing, preserving, sharing, appreciating) promotes



community and individual healing and improves availability of adequate and nutritious food.



Using this video

Food Insecurity In Manitoba

The video may be freely accessed (foodmattersmanitoba.ca/why-food-matters/resources) and used for non-commercial purposes.

Journey to the North has great potential as an educational tool

- in a high school curriculum exploring responses to issues of food insecurity,
- when training people working in Northern and Indigenous communities,
- to inspire people making change toward local food sovereignty,
- to challenge policy and decision makers to look for the insights of youth,
- in the work of reconciliation

Questions for reflection after watching the video:

1. In the video Jacob states, “My generation is the next step of the future, which in saying, we must learn what we have lost.” What signs of young people taking leadership on these issues do you see in your community? How can or could you support their leadership?

2. Is food insecurity something you have or are experiencing? What is the impact? If it isn't your

experience, imagine your household was unable to get enough food. What would the impact be?

3. The Truth and Reconciliation Commission calls on Canada to integrate Indigenous knowledge. Indigenous communities and leaders are asking everyone to work at this. What did you learn watching this video? How can you bring that learning into your work and life?

Further resources

Print: *Muskgege Carol's Traditional Medicines* by Carol Sanoffsky (Manitoba First Nations Education Resource Centre, 204.594.1290, info@mfnerc.com)

On-line: foodmattersmanitoba.ca under Resources Tab: Traditional Indigenous Food Resources: A Time to Harvest, Becoming an Anicinabe Harvester, Standing Medicine People: A guide to medicines in South-central MB, Summer Medicine Harvest

Video: Food Insecurity: experiences causes solutions Three short videos produced by Food Matters Manitoba (2020) explore experiences, causes and some solutions to food insecurity in Manitoba Available at foodmattersmanitoba.ca with accompanying print resources. (After April 2020)

People are food secure when they have reliable access to enough affordable and nutritious food. Being food secure is a human right, but 1 in 7 households in Manitoba experience food insecurity because they don't have enough money to buy the food that they need for a healthy diet.¹ Food insecurity and poverty are linked.

Indigenous people, especially those living in Northern and isolated communities, have higher rates of food insecurity because economic opportunities are scarce and the cost of healthy eating for a family of four is 46% higher in Northern Manitoba than in Winnipeg.²

People who are food insecure are more likely to suffer from poorer mental and physical health than the broader population. They report having greater stress and are more likely to suffer from chronic conditions such as diabetes, hypertension and mood and anxiety

Food is foundational. It is a basic human need. Without enough food the communities are disadvantaged and struggle to develop other forms of cultural, social and economic strength. When you are hungry, everything is hard to do.

Demian Lawrenchuk,
Food Matters Manitoba
Program Coordinator

disorders. Diet-related disease costs Manitoba billions of dollars per year, with the cost of diabetes alone estimated to reach \$639 million by 2020.³

Sometimes people blame themselves for being food insecure but the causes of food insecurity are not individual; they are systemic. Responses to poverty and food insecurity need to be at the broader policy level in addition to building up strength in individuals and local communities so they can be leaders in making positive change.

¹ PROOF Food Insecurity Policy Research (2018) “Latest Household Food Insecurity Data Now Available”

² Rand et al. (2012) “The Cost of Eating According to the ‘Nutritious Food Basket’ in Manitoba.”³ Canadian Diabetes Association [Diabetes Canada]. n.d. The Cost of Diabetes in Manitoba.

