



Q'wemtsin
HEALTH SOCIETY

Nutrition Program



Laura Kalina is a registered dietitian with a Master's degree in Community development with over 35 years experience in health promotion. She has the dual role of providing nutrition counselling services for band members in Tk'emlups te Secwepemc (TteS), Skeetchestn Indian Band (SIB) and Whispering Pines/Clinton Indian Band (WPCIB); as well as supporting the QHS Food Sovereignty team.

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Nutrition counselling services include:

- General health and wellness
- Healthy Cooking made Easy
- Traditional Foods
- Nutrition to boost your energy
- Healthy Weights (weight loss and weight gain)
- Cardiovascular disease, high cholesterol and high blood pressure
- Type 2 diabetes and other blood sugar concerns
- Low iron and anemia
- Sports nutrition
- Gastrointestinal issues (irritable bowel syndrome, Crohn's and colitis)
- Vegetarian or vegan nutrition
- Food allergies or intolerances, including Celiac Disease and lactose intolerance
- Osteoporosis or low bone density
- Pregnancy and infant nutrition
- Family nutrition and meal planning
- Pediatric nutrition for such things as picky eating and growth concerns
- And more!

Laura has seen a total of **66 client visits** from all 3 communities:



I struggle with what to cook to control my diabetes. I didn't realize how easy it is to prep food in the kitchen and then just assemble foods during the week. I don't really like to cook so Laura made healthy eating simple and easy. My blood sugars are much better now that I am cooking for myself and eating out less. —QHS client

To further improve our services for those clients with diabetes or pre-diabetes, Laura is working with Home and Community Care department to develop a **Diabetes Wellness program**. We are excited to announce, a Certified Diabetes Educator was hired early 2019 and program development continues incorporating culture and traditional practices along with best practices in diabetes care.

Food Sovereignty Initiatives



Natasha, aka QHS Cooking Guru and Food Sovereignty team member, contributes to the success of all the nutrition workshops

Many of us no longer fish, hunt or gather but we can still learn how to provide for our families with good food. Food sovereignty, or our ability to take control over our food, is so important to make sure our children to do not lose the traditions of the past.

—Elder

Indigenous Peoples in Canada are twice as likely to experience food insecurity as the general population. Household food insecurity in First Nation reserves and communities varies geographically, with remote communities experiencing an even higher prevalence. A growing body of evidence suggests that the inability to afford a healthy, nutritious diet has a measurable negative impact on the physical and mental wellbeing of individuals of all ages. Laura, in her role as QHS Dietitian, continues to work in partnership with First Nations Health Authority, Secwepemc Health Caucus, Shuswap Nation Tribal Council

and Interior Health to advocate and bring attention to the various levels of government and stakeholders that **food sovereignty and household food insecurity are key social determinants of health within our communities.**

In addition, the **Food Sovereignty team at QHS strives towards fostering a sustainable food systems**, by working in partnership with Community Futures Development Corporation of Central Interior First Nations (CFDC or CIFN) First Nations Health Authority, Kamloops Food Policy, Interior Health, City of Kamloops and Thompson Nicola Regional District and other stakeholders. A **feasibility study is underway** to establish a local food economy which would include a food hub and agriculture training facilities. The over goal is to promote land based learning while supporting traditional foods, gardening practices and economic development. To further support food sovereignty, Laura continues to be part of the advocacy campaign around the Wild Salmon Caravan and participated in the event last fall in Chase.



HEALING GARDEN

As part of QHS's Food sovereignty initiatives, plans are underway to establish a Healing Garden in the backyard of QHS which features traditional plants/medicines, a meditation circle, and water feature. Our goal is to create welcoming space and incorporate all aspects of the medicine wheel.

Food Sovereignty Projects in our Communities

Tk'emlups to Secwepemc

Funding was received from Indigenous Sport and Recreation (ISPARC) to partner with Sports, Recreation and Youth Coordinator to **enhance food literacy, cooking/ gardening skills and traditional food ways for youth**. This year a series of cooking classes, led by a red seal indigenous chef, was attended by participants of the senior attendance program.



I learned that I can make healthy snacks after school

—I loved the mini pizzas we made—so quick and easy.

The green smoothies were pretty cool too!

NOURISHING FAMILIES

A series of nutrition workshops for families with young children were held at QHS including topics such as **Healthy Snack Ideas** and **Feeding Babies**. Great to see the families come out and learn about healthy food from each other in a fun and supportive environment. Laura continues to work with the TteS Social Development, Community Health Representative, to support programming around nutrition, cooking, canning and traditional food practices.



Baby Bannock, Venison Stew and 3 Sisters Veggie

Skeetchestn Indian Band

Under the leadership of the “Knowing our Roots” advisory committee, **a school garden, greenhouse and food production permaculture design** was created for the Skeetchestn community school. Maureen has been an amazing teacher champion at the school and has been working to support Farm to School for 5 years.

Thanks to funding made available by the band, QHS, Farm to School and Tree Canada funding—the students now have access to a **greenhouse, raised beds and a newly planted Food Forest**. *The goal is to work with elders to ensure traditional knowledge and language around food is passed on the youth.* Based on securing funds, the long term community food security plan includes an **agricultural training centre** —to increase skills among the youth, especially in the area of restoration of traditional plants and long term economic development around food.

Right: Knowing our Roots Committee

FOOD FOREST:

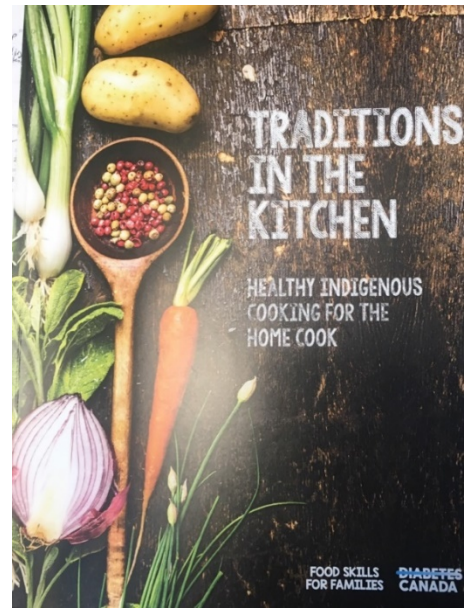
Before (above) and After (Below)

Bottom Right: Students planting



FOOD SKILLS FOR FAMILIES

Laura co-facilitated, along with the Elder Mentor, the Food Skills for Families **“Traditions in the Kitchen” workshop** at Skeetchestn. This program, in partnership with Diabetes Canada, is a six week healthy cooking program that teaches healthy eating using some traditional recipes. More community members will be taking the training August 2019 to increase capacity in our communities.



Traditions in the Kitchen participants at SIB

Whispering Pines/Clinton Indian Band

A community member from WPCIB received training as a Food Skills for Families facilitator and partnered with the Mount Paul food to deliver the program to other community members.

As part of the funding from the First Nations Food Systems (FNFS) Project, Laura, in partnership with Fred Fortier, supported WPCIB in the development of a **greenhouse and gardening project**. The FNFS project supports the creation, expansion and improvement of small-scale community gardens and other initiatives centred around First Nations culture and driven by community demand to improve food security in indigenous communities.



IN CLOSING

We are excited to be working in communities, through land based learning and food projects, to support the health and well being of our members. Plans for next year include supporting learning circles around healthy food in schools, land based learning and youth. **Laura's main goal is to provide mentorship and build capacity in communities with the goal of healthy food for all and sustainable food systems.**