North End Food Security Network  
Spring 2014 Newsletter

North End Community Renewal Corporation

About NEFSN

The North End Food Security Network establishes a network in the North End of Winnipeg that is able to provide education and resources to all residents, with the ultimate goal of creating a stronger, more sustainable and equitable food system.

The future of NEFSN is to:

- Facilitate changes in Environmental Health guidelines for community kitchens and events so that the community has easier access and understanding of requirements.
- Provide ongoing information on food security through education and training.
- Provide assistance with the support of agency funding and resources for food security initiatives.
- Make healthy food affordable and accessible.
- Build relationships between organizations to strengthen the food system.

NEFSN’s vision is to have a community where there is nutritious, safe and culturally appropriate food available to all people, access to local food production, adequate and appropriate knowledge of healthy food choices and ongoing care and improvement of the environment.

Upcoming Events

Seed Starting Workshops

It’s that time of the year again, gardening season. NEFSN would love to partner on a seed starting workshops for North End organizations, schools, or groups that are interested.

In April there will be seed starting workshops at CEDA, PDRC (765 Main Street) and North Centennial Rec Centre.

Contact Jasmine at 204-927-2342 or jasmine@necrc.org if you would like to be added to the community contact list for further workshops and upcoming events information.
**Gardening and Composting**

**Seed Starting**
If your organization is interested in a seed starting workshop or garden related workshop, NEFSN would love to partner and give tips on how to start the process of planting and growing your plants.

**Composting**
Throughout the summer 75 compost bins will be given out for FREE to schools, organizations, community gardens and residents.

Please call or email Jasmine to be added to the list. Compost bins are hand made and delivered.

NEFSN is a resource to up to 20 gardens in the North End.

**Community Gardeners Handbook**
To get your FREE electronic copy of the “Community Gardeners Handbook” email Jasmine or Melissa today. Printed copies are $12 each.

Urban Eatin Gardener Workers Coop will be assisting NEFSN with most of the workshops. Contact them at urbaneatin@gmail.com

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**North End Grocery Shuttle**

NEFSN is providing a free ride to the grocery store every Thursday for North End Residents. Participants will be picked up, taken to a grocery store and dropped off at any of the pick up locations after shopping.

**Guidelines:**
- You must live in the North End
- Must be ready on time

**Shuttle pickup:**
Be ready for pickup between 1:00-1:30

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**Good Food Box Cooking Class**

Learn how to make delicious healthy meals from the ingredients in your Good Food Box. The class is FREE!

**Where:**
Indian Family Centre—470 Selkirk Ave

**When:**
Every other Wednesday on GFB deliver days

**Time:**
10:30-12:00

On April 23rd, Ralph Brown Community Centre will start its GFB cooking class with help from the NE Elders.

Class will be from 1030-noon and then everyone will enjoy a meal together.

For more information or to register contact Melissa @ 204-927-2342
Cultural Foods Workshop

Do you identify yourself as Aboriginal? Are you interested in learning how to grow, harvest, and cook cultural foods?

We are looking for 10 participants that would like to take part in cultural foods workshops offered by North End Food Security Network and partners.

For more information, please contact Tabitha Martens at 204-804-3393 or Jasmine at 204-927-2342

This is part of a research project on cultural food skills in the city.

Workshops include:
- Wild teas
- Planting Three Sisters
- Fishing
- Rethinking Bannock
- Cooking Bison
- Harvesting and cooking with Three sisters

Big Thank you to Kayla Farquhar

My name is Kayla Farquhar, I am Anishinaabe from the Rolling River First Nation, which is located in southwest Manitoba. I am a daughter, a sister, an aunt, a niece, a granddaughter. I was born and raised in The Pas, Manitoba but now call Winnipeg my home. Currently, I am a 4th year Human Nutritional Sciences student at the University of Manitoba, focusing on the Dietetic field and completing a minor in Native Studies. My graduation date is May, 2014. Upon graduation, I will commence a Dietetic Internship with the Manitoba Partnership Dietetic Education Program in September, 2014. The other role I fulfill is as a research assistant working with Dr. Sharon Bruce in the Community Health Sciences Department at the University of Manitoba. My career goal is to become a Registered Community Dietitian, working with First Nations communities to help improve their nutritional status and to work towards the prevention of diabetes. As food security issues thwart this effort, it is important to support communities in gaining access to a sustainable, nutritious food supply. For this reason, I am thrilled to have the opportunity to work with the North End Food Security Network as my practicum placement.

Thank you

Neighborhoods Alive!
The City of Winnipeg
Food Matters Manitoba
FACT Coalition
Assiniboine Credit Union
The Winnipeg Foundation
Neechi Commons
Indigenous Family Centre
Lord Selkirk Park Resource Centre
Laurence and Elizabeth–Shuttle bus drivers
Carter, Owen and Laura for being awesome NEFSN volunteers
North Centennial Recreation Centre
Winnipeg Regional Health Authority
Urban Eatin’ Gardeners Co-op
DRAW
WRAPP grant (Waste Reduction and Pollution Prevention)
Main Street Farmers Market

Calling all interested vendors who would like a FREE table at this year’s market. Bakers, crafters, and farmers are welcome to join the team. The market will be held at Neechi Commons parking lot—865 Main Street. There are no vendor charges for this market. Please call or email NEFSN for more info or for the vendor brochure.

Our Food Our Health Our Culture

North End Healthy Eating

This Spring, Our Food Our Health Our Culture launched the North End Healthy Eating project which promotes healthy foods in North End stores, provides nutrition tips, and easy recipes for enjoying healthy food! We’ve asked also put out a guide on where you can buy healthy foods in the North End, and a guide on where to buy Aboriginal traditional foods across the City of Winnipeg. Keep your eye out for the North End Healthy Eating Logo making healthy food choices in participating stores.

Cooking Classes

Our Food Our Health Our Culture organizes 5 regular cooking classes for children/youth participants at the following organizations:

- Mondays at 6pm at Aberdeen Boys & Girls Club (pre-registered group)
- Tuesdays and Thursdays at 6pm at Ralph Brown Community Centre (460 Andrews Street)
- Every other Wednesday at 4:30pm at Wayfinders Manitoba (950 Jefferson)

- Thursdays at 6pm at Turtle Island Neighbourhood Centre (510 King)

To find out more, call or email us at 204-927-2346 or lissie@foodmattersmanitoba.ca

Visit our website for more information: www.ourfoodhealthculture.com Our Food Our Health Our Culture is a project of Food Matters Manitoba

Food Matters Manitoba

Our Food Our Health Our Culture was also involved in organizing Food Matters Manitoba’s first Youth Exchange, connecting Aboriginal youth from across Manitoba for 5 days in February-March 2014. We learned about traditional food skills and gardening knowledge, how to cast a net into the ice, fillet fish, propagate plants, and had a chance to share our stories and experiences with food across communities.