

# Indigenous Food Security

**CLIMATE CHANGE IMPACTS**  
East / Atlantic Region



National Collaborating Centre  
for Infectious Diseases  
Centre de collaboration nationale  
des maladies infectieuses



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Environmental Resources

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## Key Findings

- Climate is affecting fish and wildlife movement patterns: water temperatures are rising meaning fish are moving deeper down where the water is colder. Moose and deer never used to be seen in the same places but now they are. The moose are getting sick from an increase in ticks.
- Many people live close to urban areas, away from traditional food sources, because of economic factors like jobs and housing. They miss having traditional food because they know it is healthy for them and also because there are many cultural aspects to obtaining, preparing and eating food together.
- People used to live off the land and not have restrictions on where they could harvest or hunt. This allowed them to get the food they needed for themselves and their families, as well as a surplus to share with other community members that could not hunt, such as Elders. Traditional foods provided complete and balanced nutrition.





## Priorities

- Research on the nutritional value of wild/traditional foods vs. store-bought foods.
- Programs (such as marketing, proposal writing, and traditional knowledge protection) to support Indigenous harvesters, farmers and foragers.
- Need for reliable ways to transport traditional/country food to the people that need it in urban environments, including having access to freezers at airports to store frozen meat.

## Best practices

- Indigenous micro-businesses that harvest/forage and market forest-based items that are now gaining popularity by the larger food community (eg: Maple Syrup, forest greens, mushrooms, berries).
- Food-sharing programs that are established between Indigenous hunters, fishers and harvesters that distribute traditional or “country” foods to Indigenous people who want them but don’t have access to them.



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