



Conseil Cree de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay

**Public Health Department of the CBHSSJB
Training Program on Food Handling Best Practices for Cree
Traditional and Store-bought Foods**

**“Let’s Keep our Food Safe”
“Ahmeoonakitwayteemk Eeyou Meechim”**

A Collaboration of our local Cree Elders, the Public Health Department of the Cree Health Board, the Cree Trappers Association (CTA), University of Montreal , and the Ministère de L’Agriculture, Pêcheries et de l’Alimentation du Québec (MAPAQ)

January 22, 2015

Updated by Lilian Kandiliotis PDt, Reggie Tomatuk PPRO EH, Paul Linton, AD Chisaaiyuu, Pimuhteheu

Preamble

Cree Traditional Foods

Hunting, trapping, fishing and gathering activities are fundamental to Cree culture of Eeyou Eestchee. Many members of the Cree Nation of Eeyou Eestchee eat traditional subsistence foods on a regular basis. Traditional food is highly valued among the Cree for maintaining health, preserving cultural identity, intergenerational teaching, and promoting self-worth.

What we eat -- where it comes from, how it is cooked -- affects our health in many ways. Traditional Cree diets in where people still mostly eat what they hunt; trap, fish and gather-- have been found to promote health and long life, for reasons only gradually coming to be understood.

Cree Traditional Safe Food handling practices

The Cree Safe Food Handling Methods have been in existence and practiced since time immemorial. It is absolutely essential and necessary that these skills and practices be continuously observed to ensure that all Cree traditional foods are of the best quality when served at community feasts, family gatherings and institutional settings like the Chisasibi hospital, MSDC's, Group Homes, Reception Center, Childcare centers and Elder Homes.

The Cree program on the Safe Food Handling workshops given in Inland and Coastal communities every year since 2008 and has resulted in over 150 trained participants.

Special attention was given on the respect and responsibility by each hunter of these animals harvested. Our Elders spoke on the food handling process that is followed after the animal has been killed. Any special ceremonies, spiritual teachings and feasts that accompanied each kill were also taught.

Because traditional foods are effective in the prevention and management of diabetes, it is important and vital to expand this work in order to ensure the wisdom, important teachings and cultural knowledge of our Elders with regards to traditional foods is passed on to the younger generations. It is also essential to collect and transmit the most current scientific advances in this field to help bridge traditional practices with new knowledge and support from the scientific community.

This Safe Food Handling Workshop with the collaboration of our local Cree Elders, the Public Health Department of the Cree Board of Health, the Cree Trappers Association (CTA) and the Ministère de L’Agriculture, Pêcheries et l’Alimentation (MAPAQ) will ensure and further enhance the Cree Traditional Safe Food Handling Practices to remain strong and continue to have the positive impact for all Cree Hunters and the Cree population.

The safety of everyone consuming and handling Cree traditional foods must remain a top priority.

This training will also increase the expected participation of Cree Hunters to support a more steady supply for serving Traditional Cree Foods at the CBHSSJB foodservice points to our clients and patients of all ages.

Currently, the CBHSSJB is serving traditional food (TF) at the Chisasibi Hospital to the chronic care patients, the MSDCs clients in Chisasibi and Mistissini and the service points of the Youth Healing Services Department (YHS), such as the Group Homes and Reception Center.

We hope to extend out program implementation even further with the assistance and collaboration of the MAPAQ, Elders and the CTA to other regional and local institutions such as all the Multi-Service Day Centers, Elder Homes and Child Care Centers for the benefit of all involved.

Methods

5 day Workshop-Conference for Safe handling of Wild Meats

Goal:

- To provide updated information sessions on safe food handling on bush meats
- To increase awareness on Food safety, sanitation and Hygiene issues
- To provide guidelines for recommended best practices for hunting and bush meat manipulations from the bush to the table
- To explore the nutritional benefits of Bush Meats and the promotion of traditional Cree diets
- To address the issues of contaminants of the environment and animals on our territory
- To provide a provincially recognized Food Safety accreditation for food handlers
- To share Cree cooking preparation and cooking techniques

Reason:

- To ensure the safety and quality of wild meats harvested by Cree hunters for the all CBHSSJB patients and clients who eat at our foodservices , as well as clients at Elder Home and Childcare Centers
- To raise awareness for Food Safety issues for food handlers of both bush meats and commercially-bought foods.
- To answer to community needs and requests for food safety and keeping Cree foods safe for our communities.
- To answer to community needs for alleviating Food Insecurity.

Target groups:

Chisasibi Hospital foodservices employees and support staff, MSDC food service employees and support staff, Cree Trappers Association hunters, Youth Healing Service Centers hunters, community food handlers (restaurants, caterers, feast organisers and food handlers, institutional foodservices...), and to all community members who share an interest in the food safety of the animals they harvest.

Training Locations and Dates: TWO TRAININGS ARE BEING OFFERED:

Inland Training Mistissini: Tuesday February 23rd to Saturday February 27th 2016 inclusively.

OR

Coastal Training Chisasibi: Tuesday March 8th to Saturday March 12th 2016 inclusively.

Training places:

Mistissini: Mistissini Lodge (traditional and scientific teachings, certification course, and theoretical parts) and Murray’s Lodge (traditional teachings and laboratory work on animal specimens, food tastings)

Chisasibi: Shaptuan Center (all aspects of training)

SCHEDULE FOR INLAND AND COASTAL CONFERENCES

MONDAY	DAY 1 TUESDAY	DAY 2 WEDNESDAY	DAY 3 THURSDAY	DAY 4 FRIDAY	DAY 5 SATURDAY
TRAVEL DAY ARRIVAL OF PARTICIPANTS	9:00 -10H00 START OF CONFERENCE PRAYER INTRODUCTION TRAINING GOALS WORDS FROM OUR ORGANIZERS	9:00 -10H30 PRAYER PRESENTATION/DISCUSSION BEST PRACTICES FOR HUNTERS	9:00-10H30 PRAYER PRESENTATION/DICUSSION ENV HEALTH STUDY RESULTS,ZOONOSIS	9:00 -12PM PRAYER 2 ND PART OF MAPAQ PROVINCIAL CERTIFICATION FOR FOODHANDLERS AND EXAM	9:00-12PM PRAYER PRESENTATION DR DALLAIRE MOOSE CARIBOU BEAR BIRDS FISH
	10H45-12H00 PRESENTATION ELDERS SPEAK ABOUT TRADITIONAL FOOD SAFETY	10H45-12H00 GUTTINGAND EVISCERATION DISCUSSION DR DESILETS AND ELDERS SUPERIOR VALUE OF WILD MEATS PRESENTATION BY Dr DESILETS AND LK	10H45 -12H00 PM PRESENTATIONS/DISCUSSIONS ENV CONTAMINANTS NUTRITIONAL BENEFITS OF TF		
LUNCH TIME	LUNCH	LUNCH	LUNCH	LUNCH	END OF CONFERENCE
	1PM -5PM ELDERS AND DR DESILETS SPEAK ABOUT FOOD SAFETY BEAVER MUSKRAT RABBIT PORCUPINE WET LAB AND BUTCHERING SPECIES	1PM -5PM ELDERS AND DR DESILETS SPEAK ABOUT FOOD SAFETY MOOSE CARIBOU BEAR BIRDS FISH WET LAB AND BUTCHERING SPECIES	1PM -5PM 1 ST PART OF MAPAQ PROVINCIAL CERTIFICATION FOR FOODHANDLERS AND EXAM	1PM -5PM DR DALLAIRE THEORY BEAVER MUSKRAT RABBIT PORCUPINE	TRAVEL DAY DEPARTURE OF PARTICIPANTS

TRADITIONAL FOOD SAFETY CONFERENCE 2016 REGISTRATION FORM AND INFORMATION SHEET

Providing our communities with this conference averages to about 800.00\$ per participant including all workshops, speaker fees, rental fees, lectures, materials, workbooks, handouts, activity books. Seeing that this conference goal to keep the traditional Cree knowledge passed down to future generations and the understanding of scientific current information ensuring the safety of our communities is of vital importance for our communities , culture and traditions.

A donation from your sponsoring organisation, entity, First Nation Council would help greatly to defray the costs and would be very appreciated. Donation cheques can be made to the attention of the CBHSSJB, care of the Traditional Food Safety Conference.

**The deadline is February 12th 2016 for Mistissini Conference.
The deadline is February 19th 2016 for Chisasibi Conference.
Space is limited, register soon!**

Need more information? Call Reggie Tomatuk, 418-770-9505 or Lilian Kandiliotis, 514-246-3034

NOTE:

- ☐ **All delegates and their sponsoring organisations are responsible for travel, food and accommodation expenses and arrangements.**

Fax registration to 418-923-2546 attention Mary Petawabano PH Dept CBHSSJB

NAME	ENTITY	ADDRESS/PHONE/EMAIL	I will attend:
			<input type="checkbox"/> Entire conference with MAPAQ food safety accreditation
			<input type="checkbox"/> Conference Only without MAPAQ food safety certification
			<input type="checkbox"/> Only MAPAQ food safety accreditation

CHOOSE YOUR CONFERENCE PLACE AND DATE:

- ☐ **MISTISSINI INLAND COMMUNITIES TRAINING/CONFERENCE (Feb 23 to 27, 2016)**
- ☐ **CHISASIBI COASTAL COMMUNITIES TRAINING /CONFERENCE (March 8 to March 12, 2016)**