

SPRING

TransWest Air just landed with freight for the Northern Store. (only airline at the time)

Traditional food is always prepared and shared at community events.

TRANSWEST AIR
Proud to Serve the North

TransWest Air transports fresh produce on a weekly basis into the community.

My miniature catch at the fishing derby.

This is the Northern Store, the only store in the community to buy food. (at the time)

I am stocking up on fresh trout for the winter.

I just finished pounding dry meat. I have to soften it up so that I can eat it.

SUMMER

The barge has just arrived with community supplies.

I am cooking for the day at the same time I am smoking my meat.

We are cooking wild meat over an open fire.

We are cooking fish and caribou meat over the fire.

Beaver feet are a traditional food.

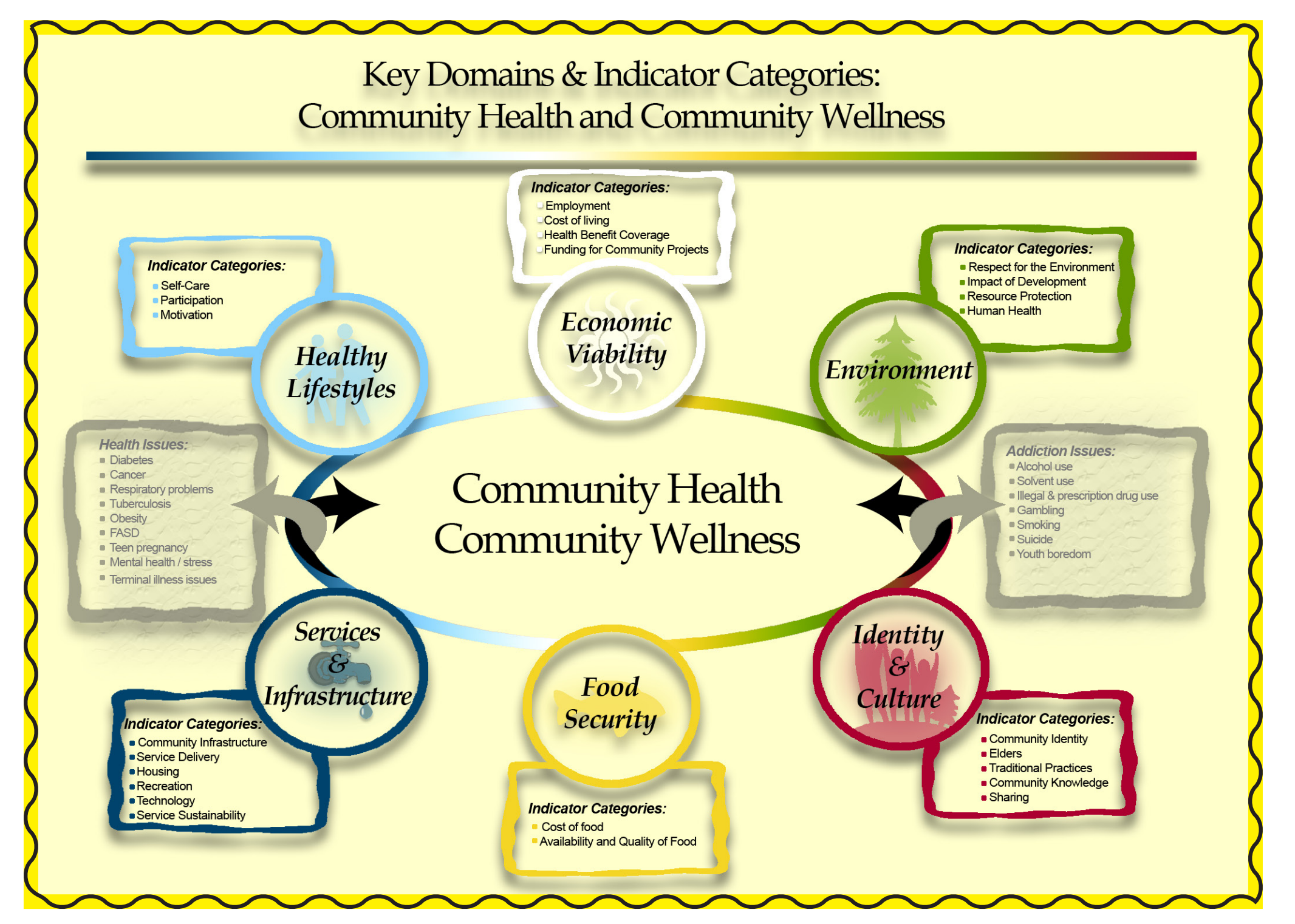
I am boiling beaver meat. All of the beaver is eaten. Nothing is wasted.

I am going to take out caribou meat to prepare a traditional meal.

A Year in the Life of Fond du Lac

Food Security

Tools 2 – Community health and wellness indicators reflecting daily life in Saskatchewan's isolated far North: Implications for program planning and evaluation.



RESEARCH TEAM

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Project funded by Canadian Institutes of Health Research (Institute of Aboriginal Peoples' Health) Grant # 173106

FALL

We pay at least three times more for fresh fruit.

Wild blueberries taken out to bake blueberry muffins.

The cost of a 4 L jug of fresh milk is very expensive in our northern community.

A good healthy nutritional snack!

Wild cranberries thawing out - a traditional food.

The cost of fresh vegetables in our community is very expensive.

I was going to buy this small head of cauliflower, but look at the price!

I rarely buy fresh fruits. It is hard to eat healthy. The cost of living is high in our community.

WINTER

This is fresh caribou meat I will cut up and store in my deep freezer.

We are preserving caribou meat for the summer.

The winter ice road provides the transportation of food during the winter months.

This is pounded dry meat - our Dene people's traditional for hundreds of years.

The local barge docks for the winter. This is a transporter of food for the community during the summer.

Freshly baked bannock!

Annual Community Christmas Supper. Elder's appreciation takes place and Elders share their words of wisdom.