



Food Security Initiatives in Eeyou Istchee

Spring 2026



ᐱᓂᐅᐃᐃᐃᐃᐃᐃ ᐃᐅᐅᐅᐅᐅᐅᐅᐅᐅ ᐅ ᐃᐅᐅᐅᐅᐅᐅ (ᐱᐅᐅ ᐃᐅᐅ)
Grand Council of the Crees (Eeyou Istchee)
Grand Conseil des Cris (Eeyou Istchee)

ᐱᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅ
Cree Nation Government
Gouvernement de la Nation Crie

Table of content

- Category Table..... p.4
- Ongoing Regional Initiatives..... p.5
- Initiatives by Community
 - Chisasibi..... p.9
 - Eastmain..... p.15
 - Mistissini..... p.19
 - Nemaska..... p.24
 - Oujé Bougoumou..... p.28
 - Waskaganish..... p.35
 - Waswanipi..... p.41
 - Wemindji..... p.46
 - Whapmagoostui..... p.51
- Important Past Studies and Projects p.54

Know of an initiative that's missing, or noticed something that needs updating? Use the [contribution form](#) to submit a new initiative or suggest a correction. You can also contact Pernilla Talec Manager of Climate Change who can be reached at ptalec@cngov.ca.



ᐃᑦᑦᑦᑦᑦᑦᑦᑦ ᐃᑦᑦᑦᑦᑦᑦᑦ ᐃᑦᑦᑦᑦᑦᑦᑦ (ᐃᑦᑦᑦᑦᑦᑦ)
Grand Council of the Crees (Eeyou Istchee)
Grand Conseil des Cris (Eeyou Istchee)



Food Source

Where does the food come from?

Traditional Food	Hunting, fishing, trapping, and gathering of traditional Cree foods.
Store-Bought Food	Initiatives focused on market or commercial food. Many of these initiatives are linked with health and nutrition.
Community-Produced Foods	Gardening, greenhouses, and locally grown produce.

Initiative Type

How does it contribute to food security?

Direct Access	Food is directly given or served. (ex: Meals, snacks, food baskets, emergency or regular distribution)
Access to the Land	Facilitates access to the land, reduces barriers to getting food. (ex: Transportation subsidies, programs enabling hunting/fishing or income support)
Education and Culture	Builds capacity to use food. (ex: Training, workshops or events on cooking, nutrition, harvesting, and processing, or cultural teachings)
Food Production & Harvesting	Increases supplies of food (ex: Greenhouses, community hunts, harvesting initiatives)
Knowledge & Infrastructure Development	Strengthening the underlying food systems (ex: Research, mapping, infrastructure development)



Ongoing Regional Initiatives

Community-Produced Foods

1. Eeyou Istchee Healthy Food Network

Education and Culture

Cree Health Board (CBHSSJB)

Knowledge & Infrastructure Development

This network is for businesses & organizations involved in the food sector in Eeyou Istchee. It aims to improve availability, quality and price of healthy foods by sharing information relevant to the food sector, such as programs, resources, training and funding opportunities available in our region.

Facebook: <https://www.facebook.com/groups/1952307778394891/>

2. Niimaawin: Food for Travel

Production & Harvest

Knowledge & Infrastructure Development

Cree Outfitting and Tourism Association (COTA)

Initiated in 2023, this collaboration between COTA and Papilles is working to develop “Niimaawin” (the Cree word for “food for travel”), which will provide handy and nutritious solutions inspired by Cree culinary culture and prepared using boreal herbs and spices. These solutions include food products and meals designed for adventures in the bush and on the water, as well as during winter excursions. **COTA:** (418) 745-2220

Contact: Robin McGinley, Executive Director, and Emmanuelle Choquette, Associate at Papilles Développement - info@creetourism.ca, emmanuelle@papilles.ca

Website: <https://www.creetourism.ca/niimaawin-food-for-travel/>

Traditional Foods

3. Blueberry Harvesting Project

Production & Harvest

Cree Trappers Association (CTA), Cree Nation Government, Cree Health Board (CBHSSJB)

This project aims to support local harvesting, packaging, transformation and distribution of blueberries. It is a collaboration among the Cree Trappers Association, the Cree Health Board, the Cree Nation Government, and the Department of Social Development. This initiative varies year to year, depending on funding, with a goal to make it a stable annual initiative.

Contact: Rodney Mark, Director of Social and Cultural Development, CNG; Chantal Vinet-Lanouette, Public Health Nutritionist, CBHSSJB; and Thomas Stevens, Special Projects Coordinator, CTA.

Email: rmark@cngov.ca, Chantal.vinet@ssss.gouv.qc.ca, thomasstevens@ctaoffice.ca.

Phone : CNG: (418) 770-9754; CBHSSJB: (418) 923-2204, Ext: 42370; CTA: (819) 895-1609

Traditional Foods

Regional



4. Cree Geo-Portal *Cree Trappers Association (CTA)*

Knowledge & Infrastructure Development

The Cree Geoportal is a mapping resource for Eeyou Istchee. Requiring an account to access most data, it provides information on wildlife harvest & monitoring, fish consumption recommendations per trapline, Niskamoon funded initiatives, and climate change observations.

Contact: Thomas Stevens, Special Projects Coordinator - thomasstevens@ctaoffice.ca

Geoportal: <https://www.creegeoportal.ca/>

5. Wildlife Disease Testing

Knowledge & Infrastructure Development

Cree Trappers Association (CTA)

The Cree Trappers' Association tests abnormal harvested game for diseases to track disease spread, new diseases and to help hunters know if their meat is safe to eat. If you have harvested a sick animal, help keep our land and food safe by reporting your findings.

Contact: Local administrators

6. Eeyou Ituun Training

Education and Culture

Knowledge & Infrastructure Development

Cree Trappers Association (CTA)

The Cree Land Stewardship (Eeyou/Eenou Ituun) Training Program is a fully accredited 900-hour collegial program that leads to an official Attestation of Collegial Studies (ACS) certified by the Québec Ministry of Education. The program is offered in partnership between the Cree Trappers Association and the Cégep de St-Félicien. The Eeyou ituun, Cree Land Stewardship Program is designed to teach Cree who are not experienced land users the fundamental skills to be effective Cree Land Stewards.

Contact: Judy Coon-Come, Eeyou Eenou Ituun Coordinator/ Communication Officer - judycooncome@ctaoffice.ca **Phone:** (819) 978-3005, Ext: 231

Cégep de Saint-Félicien Website: <https://seccol.com/en/formations/acs-eeyou-ituun-cree-land-stewardship/>

CTA Website: <https://creetrappers.ca/special-project/eeyou-ituun-training-program>

7. Traditional Food While in Detention

Direct Access

Cree Nation Government's Justice and Correctional Services

The traditional food program brings Elders into detention facilities to cook traditional meals with Cree inmates and to spend time speaking with them about Cree values and the steps forward. The selection of foods varies with the seasons, aligning with the hunting periods. This program is currently offered in certain detention facilities only, with the objective of extending it as widely as possible.

Email: infoDOJCS@cngov.ca **Phone:** (418) 923-2661

Website: <https://creejustice.ca/index.php/ca/programs/corrections-and-reintegration-work/traditional-food-detention-program>

Traditional Foods

Regional



Knowledge & Infrastructure
Development

8. Working Committee on Access to Nutritious Food

Cree Trappers Association (CTA), Cree Health Board (CBHSSJB), Cree Nation Government

This committee has been active since 2015, working to strengthen collaboration between regional entities to ensure affordable, nutritious food for all, promote healthy food choices, and develop adequate management practices of the food system.

Contact: Chantal Vinet-Lanouette, Public Health Nutritionist and Catherine Godin, Planning, Programming and Research Officer - chantal.vinet@ssss.gouv.qc.ca

Phone: (418) 923-2204, Ext: 42370

Introductory presentation: <https://www.creehealth.org/sites/default/files/Presentation%20Access%20Nutritious%20Foods%20CNG%20Council%20Board%202017.pdf>

9. Improving access to drinking water in Eeyou Istchee

Cree Health Board (CBHSSJB)

Knowledge & Infrastructure Development

Led by the CNG-CBHSSJB Joint Committee on Access to Nutritious Food in Eeyou Istchee, this project involves installing new water fountains, as well as fixing or upgrading existing fountains. For the first phase of this project, we are targeting public buildings such as the sports centers, the swimming pools, the arenas, the youth centers, etc. Other public buildings, such as daycares and schools, could also be invited to participate in the future. **Contact:** Chantal Vinet-Lanouette, Public Health Nutritionist - Chantal.vinet@ssss.gouv.qc.ca **Phone:** (418) 923-2204, Ext: 42371

10. Safe food handling training program for traditional and store-bought foods

Cree Health Board (CBHSSJB)

Education and Culture

Knowledge & Infrastructure Development

Safe food handling trainings are offered to ensure that traditional and store-bought foods are of the best quality when served at community events, family gatherings and institutional settings like the Chisasibi hospital, MSDCs, Group Homes, Reception Center, Childcare centers and Elder Homes.

Contact: Lilian Kandiliotis and Chantal Vinet-Lanouette, Public Health Nutritionists Chantal.vinet@ssss.gouv.qc.ca - (418) 923-2204, Ext: 42371

Website: <https://www.creehealth.org/bush-camp-safety/food-safety>

11. Caribou Ungava Research Project

Knowledge & Infrastructure Development

Laval University

Caribou Ungava is a large research program to assess the impacts of climate change and industrial activities on the two major migratory caribou herds of northern Quebec and Labrador. Ongoing since 2009, the project is now in its third phase.

Email: caribou.ungava@bio.ulaval.ca **Phone:** 418-656-7769

Website: <https://sites.google.com/view/caribou-ungava-english/home>



Knowledge &
Infrastructure
Development

12. Eeyou Coastal Habitat Comprehensive Research Project

Eeyou Marine Region Wildlife Board (EMRWB), Niskamoon

The decline of eelgrass has coincided with larger coastal changes, including a drop in the quality of spring and fall goose hunts by Cree land users. The Coastal Habitat Comprehensive Research Project seeks to understand the link between the different factors of this complex system. Started in 2016, this is a Cree-driven project that involves four Cree coastal communities: Waskaganish, Eastmain, Wemindji and Chisasibi.

Email: eeyou.chcrp@gmail.com **Website:** <https://eeyoucoastalhabitat.ca/>

Facebook: <https://www.facebook.com/EeyouCoastalHabitats/>

13. Community-based Wildlife and Climate Change Monitoring

Eeyou Marine Region Wildlife Board (EMRWB)

Knowledge & Infrastructure Development

This initiative encourages residents to share their knowledge and report observations of land and wildlife. Residents can report sightings of polar bears, tracks or signs (e.g., denning), belugas, shorebirds, waterfowl, nesting colonies, other bird species, invasive species, new or unusual species, and harvest data.

Email: wildlife@eeyoumarineregion.ca

Phone: 819-895-2262

Website: <https://www.emrwb.ca/general-wildlife-observation/>

14. FISHES: Fostering Indigenous Small-scale fisheries for Health, Economy & Food Security

Knowledge & Infrastructure Development

Cree Trappers Association (CTA), Concordia University, Laval University

This Multi-year project from 2019-2025 explores the genetics of important species of fish in Eeyou Istchee, Nunavik and Nunavut, namely Cisco, Whitefish, and Brook Trout. The project focuses on identifying genetically distinct fish populations which will help maintain sustainable harvesting practices, and identify significant fisheries within the Eeyou Marine Region (EMR) for future protection.

Contact: Louis Bernatchez (Laval University), Monica Mulrennan (Concordia University), Dylan Fraser (Concordia University), Natasha Louttit (CTA-EMR)

Email: louis.bernatchez@bio.ulaval.ca, monica.mulrennan@concordia.ca, dylan.fraser@concordia.ca, nlouttit@ctaoffice.ca

CTA-EMR: (819) 977-2165 ext. 241

Website: <https://fishes-project.ibis.ulaval.ca/about-fishes/>

Facebook: <https://www.facebook.com/IKGenFisheries>

Chisasibi



Community-Produced Foods

1. Geodesic Greenhouse Dome

Direct Access

Education and Culture

Production & Harvest

Chisasibi Eeyou Resource and Research Institute

Knowledge & Infrastructure Development

The 33-foot diameter geodesic dome greenhouse built in 2023 enhances agricultural capabilities, supports CERRI's mission of food sovereignty, and serves as a model for sustainable building practices. It will run all year round and produce fresh greens and vegetables. The greenhouse also includes a biodigester and a worm composter.

Contact: Jason Stevens, Agriculture Project Manager - jasonstevens@chisasibi.ca

Website: <https://www.cerri.ca/agriculture-research>

2. Second Greenhouse and Hydroponics

Knowledge & Infrastructure Development

Chisasibi Eeyou Resource and Research Institute (CERRI)

CERRI has built an additional 1200 sqft greenhouse that will start operations in the summer of 2026. CERRI will also install a hydroponics container farm, whereby two containers of space will be dedicated to growing lettuce and strawberries.

Contact: Jason Stevens, Agriculture Project Manager - jasonstevens@chisasibi.ca

Website: <https://www.cerri.ca/agriculture-research>

3. Chisasibi Farm

Knowledge & Infrastructure Development

Chisasibi Eeyou Resource and Research Institute (CERRI)

CERRI has acquired some farm equipment, tractors, etc., to start farming a roughly 4-acre parcel of land. In summer 2025, they tilled the land, in summer 2026 they will grow a cover crop, which can bring nutrients to the soil in order to grow an edible crop in summer 2027.

Contact: Jason Stevens, Agriculture Project Manager - jasonstevens@chisasibi.ca

Website: <https://www.cerri.ca/agriculture-research>

4. School Greenhouse

Direct Access

Education and Culture

Production & Harvest

Cree School Board

Knowledge & Infrastructure Development

The Big River High School relocated to a new building in fall 2024 with a brand new rooftop greenhouse that will serve educational purposes and provide fresh produce to the cafeteria, such as bell peppers, herbs, greens, sweetgrass and potatoes. The greenhouse is co-managed by the high school and the Chisasibi Eeyou Resource and Research Institute.

Contact: Jason Stevens, Agriculture Project Manager - jasonstevens@chisasibi.ca

Website: <https://eeyoueducation.ca/youth/schools/chisasibi/jbes>

Direct Access

Emergency food baskets provide a three-day food supply for pregnant and post-partum women, offered twice per year at the CMC during emergencies.

CMC: (819)855-9029

Website: <https://www.creehealth.org/about-us/departments/miyupimaatisiun>

Direct Access

The Miyû-Ashimishuh program offers weekly coupons to pregnant mothers for healthy food until two months post-delivery. Participants can get weekly grocery coupons for nutritious foods such as milk, eggs, fruits and vegetables.

Contact your local Awash nurse, PCCR, or nutritionist. **CMC:** (819)855-9029

Awash Services : <https://www.creehealth.org/services/awash-services-children-0-9>.

Pregnancy Healthy Eating : <https://www.creehealth.org/health-tips/pregnancy-healthy-eating>

Education and Culture

Nutrition counselling can take place in an individual session or in a group/workshop setting (such as a cooking or baby-food-making class). To meet with a nutritionist, get an appointment at the CMC with a nurse or doctor, and discuss your nutritional needs with them. You can also call the MSDC and ask to speak with the nutritionist there.

CMC: (819)855-9029

Website: <https://live-cbhssjb.pantheonsite.io/services/nutritional-counselling>

Direct Access

Cree Health Board (CBHSSJB), Cree Nation of Chisasibi

The Cree Health Board is partnering with the Banques Alimentaires du Québec to provide a monthly food bank. Starting in September 2025, bags of goods will be provided to families in need. The remaining food will be made available to the whole community. Eligibility is assessed by the psychosocial team (CHB), and the food pantry is located at the CMC.

Contact: Anita Napash and Nellie Bobbish (CNC), Hepzibeth Lee (CHB) - Hepzibeth.Lee@ssss.gouv.qc.ca. **CMC:** (819)855-9029



Store-Bought Foods

Chisasibi



Direct Access

9. Gift from the Heart

Cree Nation of Chisasibi, Youth Council / Youth Department

Run by the Chisasibi Youth Council, the Gift from the Heart program helps eligible youth in need receive a Christmas gift by anonymously matching them with a generous community member. The gift also includes turkey and food to help relieve pressure during the holiday season.

Contact: Shannon Fireman, Chisasibi Youth Chief, YouthCouncil@chisasibi.ca.

Youth Centre: (819) 855-2211

Facebook: <https://www.facebook.com/profile.php?id=100064915203152>

10. Youth Center Snack Program

Education and Culture

Direct Access

Cree Nation of Chisasibi, Youth Council / Youth Department

Every day, the youth centre provides healthy snacks to the youth attending the centre. Every few weeks, the snacks are paired with educational activities on healthy eating in collaboration with the Cree Health Board Nutritionist or led by the youth centre staff.

Contact: Corinna Napash, Program Coordinator for the Youth Centre - (819) 855-2211

Facebook: <https://www.facebook.com/profile.php?id=100064915203152>

11. Breakfast Club Program Cree School Board

Direct Access

Elementary & high school students are provided breakfast through a partnership between Breakfast Club of Canada and regional entities (Cree School Board, Cree Nation Government, the Cree Health Board).

Schools: <https://eeyoueducation.ca/youth/schools/chisasibi>

Breakfast Program: <https://eeyoueducation.ca/youth/parents/learning-supports#breakfast>

Traditional Foods



Direct Access

12. Service of Traditional Food in Cree Health Board Food Services

Cree Health Board (CBHSSJB)

Traditional food may be served in the Cree Health Board food services (elders' homes, MSDCs, Hospital), when available. Traditional food is provided by Cree Hunters who received training on the CHB traditional food program, including food safety and hygiene.

Contact: Lilian Kandiliotis and Chantal Vinet-Lanouette, Public Health Nutritionists, Chantal.vinet@ssss.gouv.qc.ca - (418) 923-2204, Ext: 42370

Traditional Foods

Chisasibi



13. Community Freezer

Knowledge & Infrastructure Development

Cree Trappers Association (CTA)

The freezer is installed in the CTA warehouse to preserve and share traditional food with community members. Foods will vary according to seasonal availability, and may include moose, caribou, bear, beaver, goose, ptarmigan, fish, and berries.

Contact: Reggie Bearskin, Local Administrator - rbearskin@ctaoffice.ca.

Band Office: (819) 855-2878

14. Access to Traditional Food Program

Direct Access

Production & Harvest

Cree Trappers Association (CTA)

Local CTA administrators hire local harvesters to provide traditional foods for elders, single-parent and low-income families who may not have access to a hunter or have limited financial resources for harvesting. It focuses mainly on harvesting fish, small game, and waterfowl. This initiative has been in place since the COVID-19 pandemic.

Contact: Reggie Bearskin, Local Administrator - rbearskin@ctaoffice.ca.

Band Office: (819) 855-2878

Chisasibi CTA Facebook: <https://www.facebook.com/groups/394741384275542/>

Program Webpage: <https://creetrappers.ca/special-project/traditional-food-program>

15. Cabin Reconstruction Initiative

Cree Trappers Association (CTA)

Knowledge & Infrastructure Development

Access to the Land

The 2023 Forest fires burnt 11% of Eeyou Istchee and affected nearly 60% of traplines, damaging 142 cabins. The Cree Trappers Association is overseeing funds to rebuild cabins, with 50 being built so far. This project will continue in 2026.

Contact: Reggie Bearskin, Local Administrator - rbearskin@ctaoffice.ca.

Band Office: (819) 855-2878

Cabin Project Webpage: <https://creetrappers.ca/special-project/cabin-project>

16. Economic Security Program for Cree Hunters

Access to the Land

Cree Hunters Economic Security Board (CHESB)

The Economic Security Program for Cree Hunters is a family program which provides an annual income to Crees who have chosen hunting, trapping and fishing activities as a way of life. The program encourages the Crees to pursue harvesting activities by providing them with an income guaranteed, benefits and other incentives.

Contact: Local Administrators - Sally Herodier sally.herodier@creehunter.ca, Natalie Scipio natalie.scipio@creehunter.ca, Angelina Ratt-Louttit angelina.ratt-louttit@creehunter.ca.

Phone: (819) 855-2067

Website: <https://www.chasseurcri.ca/about-us>

Traditional Foods

Chisasibi



17. Community Justice Committees Food and Land Related Programming

CNG Justice and Correctional Services

Access to the Land

Education and Culture

The Community Justice Committees are responsible for much of the land-based programming offered in the Nation, with people who are at risk or have come into contact with the justice system. Initiatives vary per year and community, but can include preparing caribou hides, caribou hunting, and allowing youth and elders to connect while on the land. **Phone:** (819) 855-2120

Website: <https://www.cngov.ca/services/justice-correctional/>

18. Fort George Mamoweedow

Fort George Mamoweedow committee

Education and Culture

Every summer, the people of Chisasibi gather on the island of Fort George, where the community was originally located. This festival celebrates the culture, language and history of the community, while many traditional activities are organized and traditional food is served. **Facebook:** <https://www.facebook.com/groups/1164723623553624/>

19. Musuutau Blueberry Festival

Cree Nation of Chisasibi

Production & Harvest

Education and Culture

The Yearly Blueberry Festival happens at the end of summer and is composed of a blueberry picking day and a blueberry baking contest. Many chose to donate part of their harvest to the multi-service day centre and the Community Miyupimaatisiun Centre.

Contact: Reggie Tomatuk (CHB) and Nellie Bobbish (CNC)

Facebook: <https://www.facebook.com/groups/996505533733159>

20. Meals on Wheels Cree Nation of Chisasibi, Elders Department

Direct Access

This program runs on and off depending on the availability of traditional foods. It provides elders with traditional food and some store-bought foods. particularly elders whose families cannot go out on the land to get traditional foods themselves. Funded by the CNG, this initiative is run by the Elders' Council under the band's Department of Cultural and Social Development.

Contact: Jimmy Fireman, Elder's Council, JimmyFireman@chisasibi.ca

21. Eelgrass Research and Traditional Ecological Knowledge

Chisasibi Eeyou Resource and Research Institute

Knowledge & Infrastructure Development

This research project uses Traditional Ecological Knowledge and environmental science to examine the extent and mechanisms behind the reduction in Eelgrass meadows (*Zostera marina*) in James Bay at the mouth of the La Grande River since the 1970s. These are fundamental ecosystems for the Cree families of Chisasibi because of their capacity to attract waterfowl species such as Canada Geese, Brant Geese, Snow Geese, and various duck species. **Website:** <https://www.cerri.ca/s-projects-basic>

Contact: Dante Torio, Lead Scientist and Marine Biologist - cerri@chisasibi.ca.

Traditional Foods

Chisasibi



22. Adopt a Youth Goose Break Program

Access to the Land

Cree Nation of Chisasibi, Youth Council / Youth Department

Run by the Chisasibi Youth Council, the Adopt a Youth Goose Break Program provides grocery vouchers and travel expense reimbursement for participants to join other families during their goose break outings to their traplines. This initiative runs every two years.

Contact: Shannon Fireman, Chisasibi Youth Chief - YouthCouncil@chisasibi.ca

Youth Centre: (819) 855-2211

Facebook: <https://www.facebook.com/profile.php?id=100064915203152>

23. Young Families and Youth Goose Break Programs

Access to the Land

Cree Nation of Chisasibi, Youth Council / Youth Department

Run by the Chisasibi Youth Council, these programs provide grocery vouchers to youth families and youth during goose break.

Contact: Shannon Fireman, Chisasibi Youth Chief - YouthCouncil@chisasibi.ca

Youth Centre: (819) 855-2211

Facebook: <https://www.facebook.com/profile.php?id=100064915203152>

24. Moose Break Trip

Access to the Land

Education and Culture

Cree Nation of Chisasibi, Youth Council / Youth Department

The Chisasibi Youth Council organizes a hunting trip to bring youth out on the land, accompanied by a guide and elders. They learn how to cut and clean their kill, chop wood and cook food in the traditional ways.

Contact: Shannon Fireman, Chisasibi Youth Chief - YouthCouncil@chisasibi.ca

Youth Centre: (819) 855-2211

Facebook: <https://www.facebook.com/profile.php?id=100064915203152>



25. COTA's Sustainable Non-Timber Forest Products (NTFP) Project

Cree Outfitting and

Tourism Association (COTA).

Production & Harvest

Knowledge & Infrastructure Development

Initiated in 2019 by the Cree Outfitting and Tourism Association (COTA), the project aims to improve the quality of the visitor experience in Eeyou Istchee by integrating non-timber forest products (NTFPs), mainly edible mushrooms and berries, into local restaurants and tourism offerings. A study was conducted to understand the distribution and abundance of NTFPs in collaboration with FaunENord. Areas surveyed include the Billy Diamond Highway, along some of the access roads, around Waswanipi and Mistissini, and on several islands near the communities of Waskaganish, Eastmain, Wemindji, and Chisasibi.

Contact: Rob Imrie, Director of Development, Robin McGinley Executive Director, and Emmanuelle Pelletier - info@creetourism.ca, epelletier@faunenord.org

COTA: (418) 745-2220

Eastmain

Store-Bought Foods



Direct Access

1. Emergency Food Baskets *Cree Health Board (CBHSSJB)*

Emergency food baskets provide a three-day food supply for pregnant and post-partum women, offered twice per year at the CMC during emergencies.

CMC: (819) 977-0241

Website: <https://www.creehealth.org/about-us/departments/miyupimaatisiun>

2. Cooking Workshops *Cree Health Board (CBHSSJB)*

Education and Culture

The Tchayo Clinic offers healthy cooking workshops on cooking and meal preparation of nutritious foods, as well as other food-related activities such as smoothie days.

CMC: (819) 977-0241

Facebook: <https://www.facebook.com/Eastmainclinic>

3. Nutritional Counselling *Cree Health Board (CBHSSJB)*

Education and Culture

Nutrition counselling can take place in an individual session or in a group/workshop setting (such as a cooking or baby-food-making class). To meet with a nutritionist, get an appointment at the CMC with a nurse or doctor, and discuss your nutritional needs with them. You can also call the MSDC and ask to speak with the nutritionist there.

CMC: (819) 977-0241

Website: Facebook: <https://www.facebook.com/Eastmainclinic>

4. Breakfast Club Program *Cree School Board*

Direct Access

Elementary & high school students are provided breakfast through a partnership between Breakfast Club of Canada and regional entities (Cree School Board, Cree Nation Government, the Cree Health Board).

School: <https://eeyoueducation.ca/youth/schools/eastmain/wes>

Breakfast Program: <https://eeyoueducation.ca/youth/parents/learning-supports#breakfast>

5. Elders' Healthy Food Initiative

Direct Access

Cree Nation of Eastmain, Elders Department

An initiative run by the Elder's department to promote access to healthy foods.

Contact: Charlotte Cheezo

Store-Bought Foods

Eastmain



6. Cooking Workshops *Cree Nation of Eastmain, Wellness Centre*

Education and Culture

The Healthy Cooking aims to teach participants how to cook using a simple approach, to make healthy food with available ingredients, and prepare plant-forward meals. The program also focuses on building cooking skills and nutrition knowledge for at-risk populations and increasing fruit and vegetable intake.

Wellness Centre: (819) 977-2000

7. Eastmain Wellness Food Bank

Direct Access

Cree Nation of Eastmain, Wellness Centre

This initiative is aimed at aiding those who may struggle to put food on their table. Community members who are unemployed, receiving government assistance, living on limited incomes, and those who are struggling to afford food are invited to register with the Public Health Department.

Contact: Richard Cheezo, Public Health Department. **Wellness Centre:** (819) 977-2000

8. Christmas Food Basket *Cree Nation of Eastmain, Wellness Centre*

Direct Access

The holiday season can be especially stressful and financially difficult. The Christmas baskets may be the oldest and best-known services to support individuals and families in need. Families in need are invited to apply to The Cree Nation of Eastmain Wellness Center. All registrations are kept confidential.

Contact: Richard Cheezo, Public Health Department. **Wellness Centre:** (819) 977-2000

9. Fruits and Vegetables Program

Direct Access

Cree Nation of Eastmain, Wellness Centre

This initiative is open to all community members and aims to enhance access to nutritious foods. Under this program, participants receive a monthly subsidy on fruit and vegetable orders, with the Public Health Department covering 50% of the total cost. The program focused on promoting healthier lifestyles.

Contact: Richard Cheezo, Public Health Department. **Wellness Centre:** (819) 977-2000

Traditional Foods



10. Service of Traditional Food in Cree Health Board Food Services

Direct Access

Cree Health Board (CBHSSJB)

Traditional food may be served in the Cree Health Board food services (elders' homes, MSDCs, Hospital), when available. Traditional food is provided by Cree Hunters who received training on the CHB traditional food program, including food safety and hygiene.

Contact: Lilian Kandiliotis and Chantal Vinet-Lanouette, Public Health Nutritionists, Chantal.vinet@ssss.gouv.qc.ca - (418) 923-2204, Ext: 42370

Traditional Foods

Eastmain



11. Community Freezer

Knowledge & Infrastructure Development

Cree Trappers Association (CTA)

The freezer is installed in the CTA building to preserve and share traditional food with community members. Foods will vary according to seasonal availability, and may include moose, caribou, bear, beaver, goose, ptarmigan, fish, and berries.

Contact: Betty Tomatuk, Local Administrator - btomatuk@ctaoffice.ca.

CTA: (819) 977-2165, Ext: 241

12. Access to Traditional Food Program

Direct Access

Production & Harvest

Cree Trappers Association (CTA)

Local CTA administrators hire local harvesters to provide traditional foods for elders, single-parent and low-income families who may not have access to a hunter or have limited financial resources for harvesting. It focuses mainly on harvesting fish, small game, and waterfowl. This initiative has been in place since the COVID-19 pandemic.

Contact: Betty Tomatuk, Local Administrator - btomatuk@ctaoffice.ca.

CTA: (819) 977-2165, Ext: 241

Program Webpage: <https://creetrappers.ca/special-project/traditional-food-program>

13. Economic Security Program for Cree Hunters

Access to the Land

Cree Hunters Economic Security Board (CHESB)

The Economic Security Program for Cree Hunters is a family program which provides an annual income to Crees who have chosen hunting, trapping and fishing activities as a way of life. The program encourages the Crees to pursue harvesting activities by providing them with an income guaranteed, benefits and other incentives.

Contact: Betty Tomatuk, Local Administrator - btomatuk@ctaoffice.ca.

Phone: (819) 977-2165, Ext: 241

Website: <https://www.chasseurcri.ca/about-us>

14. Community Justice Committees Food and Land Related Programming

CNG Justice and Correctional Services

Access to the Land

Education and Culture

The Community Justice Committees are responsible for much of the land-based programming offered in the Nation, with people who are at risk or have come into contact with the justice system. Initiatives vary per year and community, but can include preparing caribou hides, caribou hunting, and allowing youth and elders to connect while on the land.

Phone: (819) 977-2400

Website: <https://www.cngov.ca/services/justice-correctional/>

Traditional Foods

Eastmain



15. Goose Break Bundles for Youth and Young Families

Access to the Land

Cree Nation of Eastmain, Youth Council / Youth Department

The Goose Break Subsidy provides food and gas vouchers to promote and assist families in engaging with the outdoors and traditional lands during goose break. The age range for the youth bundles is for youth aged 13-17, and for the young families bundles is 18-35.

Contact: Nancy Stocken, Youth Coordinator - eyc@eastmain.ca

Youth Centre: (819) 977-2107

Facebook: <https://www.facebook.com/EastmainYouthCouncil>

16. COTA's Sustainable Non-Timber Forest Products (NTFP) Project

Cree Outfitting and

Tourism Association (COTA)

Production & Harvest

Knowledge & Infrastructure Development

Initiated in 2019 by the Cree Outfitting and Tourism Association (COTA), the project aims to improve the quality of the visitor experience in Eeyou Istchee by integrating non-timber forest products (NTFPs), mainly edible mushrooms and berries, into local restaurants and tourism offerings. A study was conducted to understand the distribution and abundance of NTFPs in collaboration with FaunENord. Areas surveyed include the Billy Diamond Highway, along some of the access roads, around Waswanipi and Mistissini, and on several islands near the communities of Waskaganish, Eastmain, Wemindji, and Chisasibi.

Contact: Rob Imrie, Director of Development, Robin McGinley Executive Director, and Emmanuelle Pelletier - info@creetourism.ca, epelletier@faunenord.org

COTA: (418) 745-2220





1. Greenhouse

Production & Harvest

Cree Nation of Mistissini, Environment Department

Phone: (418) 923-3461, Ext: 1219

2. Emergency Food Baskets Cree Health Board (CBHSSJB).

Website: <https://www.creehealth.org/about-us/departments/miyupimaatisiun>

3. ᐃᓴᑦᐅᓱᑦᐅᓵᑦ Miyuu-Ashimishuh Cree Health Board (CBHSSJB).

Pregnancy Healthy Eating : <https://www.creehealth.org/health-tips/pregnancy-healthy-eating>

4. Nutritional Counselling *Cree Health Board (CBHSSJB)*

Website: <https://www.creehealth.org/about-us/departments/miyupimaatisiin>

Store-Bought Foods

Mistissini



5. Breakfast Club Program *Cree School Board*

Direct Access

Elementary & high school students are provided breakfast through a partnership between Breakfast Club of Canada and regional entities (Cree School Board, Cree Nation Government, the Cree Health Board).

Schools: <https://eeyoueducation.ca/youth/schools/mistissini>

Breakfast Program: <https://eeyoueducation.ca/youth/parents/learning-supports#breakfast>

6. Hangry Lunch Program

Direct Access

Cree Nation of Mistissini, Youth Council / Youth Department

Healthy lunches are served to high school youth at the Youth Center.

Contact: Philip Mattawashish, Coordinator of Youth Programs & Development - Coordinatorypd@mistissini.ca.

Youth Council: (418) 923-2274 Ext: 223

Facebook: <https://www.facebook.com/MistissiniYouth>

7. The Wreath of Hope

Meechum L'Inter Marche

Direct Access

The Wreath of Hope is an annual Christmas campaign run by the Meechum grocery store for over 40 years to provide food baskets and vouchers for local families in need.

Phone: (418) 923-3217

8. Mistissini Food Bank

Mistissini Faith Bible Chapel

Direct Access

The local church receives food donations from the community and distributes them to families in need.

Contact: Marlene Matoush, Volunteer

Facebook: <https://www.facebook.com/groups/24216939664583230/>

Traditional Foods

9. Service of Traditional Food in Cree Health Board Food Services

Direct Access

Cree Health Board (CBHSSJB)

Traditional food may be served in the Cree Health Board food services (elders' homes, MSDCs, Hospital), when available. Traditional food is provided by Cree Hunters who received training on the CHB traditional food program, including food safety and hygiene.

Contact: Lilian Kandiliotis and Chantal Vinet-Lanouette, Public Health Nutritionists, Chantal.vinet@ssss.gouv.qc.ca.

Phone: (418) 923-2204, Ext: 42370

Traditional Foods

Mistissini



10. Community Freezer

Knowledge & Infrastructure Development

Cree Trappers Association (CTA)

The Cree Trappers Association (CTA) is installing community freezers to preserve and share traditional food with community members. Foods will vary according to seasonal availability, and may include moose, caribou, bear, beaver, goose, ptarmigan, fish, and berries.

Contact: Stanley Mianscum, Local Administrator - smianscum@ctaoffice.ca.

Phone: (418) 923-3461, Ext: 1349

11. Access to Traditional Food Program

Direct Access

Production & Harvest

Cree Trappers Association (CTA)

Local CTA administrators hire local harvesters to provide traditional foods for elders, single-parent and low-income families who may not have access to a hunter or have limited financial resources for harvesting. It focuses mainly on harvesting fish, small game, and waterfowl. This initiative has been in place since the COVID-19 pandemic.

Contact: Stanley Mianscum, Local Administrator - smianscum@ctaoffice.ca.

Phone: (418) 923-3461, Ext: 1349

Webpage: <https://creetrappers.ca/special-project/traditional-food-program>

12. Cabin Reconstruction Initiative

Cree Trappers Association (CTA)

Knowledge & Infrastructure Development

Access to the Land

The 2023 Forest fires burnt 11% of Eeyou Istchee and affected nearly 60% of traplines, damaging 142 cabins. The Cree Trappers Association is overseeing funds to rebuild cabins, with 50 being built so far. This project will continue in 2026.

Contact: Stanley Mianscum, Local Administrator - smianscum@ctaoffice.ca.

Phone: (418) 923-3461, Ext: 1349

Cabin Project Webpage: <https://creetrappers.ca/special-project/cabin-project>

13. Economic Security Program for Cree Hunters

Access to the Land

Cree Hunters Economic Security Board (CHESB)

The Economic Security Program for Cree Hunters is a family program which provides an annual income to Crees who have chosen hunting, trapping and fishing activities as a way of life. The program encourages the Crees to pursue harvesting activities by providing them with an income guaranteed, benefits and other incentives.

Contact: Murrea Coon, Local Administrator - murrea.coon@creehunter.ca

Phone: (418) 923-3334.

Website: <https://www.chasseurcri.ca/about-us>



14. Community Justice Committees Food and Land Related Programming

CNG Justice and Correctional Services

Access to the Land

Education and Culture

The Community Justice Committees are responsible for much of the land-based programming offered in the Nation, with people who are at risk or have come into contact with the justice system. Initiatives vary per year and community, but can include preparing caribou hides, caribou hunting, and allowing youth and elders to connect while on the land.

Phone: (418) 923-2661.

Website: <https://www.cngov.ca/services/justice-correctional/>

15. Chisheinuu Chiskutamaachewin Program & Traditional Cooking

Cree Nation of Mistissini,
Cultural Department

Direct Access

Education and Culture

Production & Harvest

Harvesting, preparation of traditional foods, and the service of community meals take place seasonally at Murray's Lodge, a cultural learning site dedicated to Cree traditions, including snowshoe making, moosehide preparation, sewing, traditional medicine, and more.

Contact: Jerry Coon, Coordinator of cultural program - cultural@mistissini.ca

Phone: (418) 923-3461, Ext: 1328

16. Blueberry Festival

Education and Culture

Production & Harvest

Cree Nation of Mistissini, Cultural Department

The Yearly Blueberry Festival happens at the end of summer and is composed of a blueberry picking day and a blueberry baking contest. It is organized by the Cultural Department.

Contact: Jerry Coon & Mary Matoush

Phone: 418-923-3461 ext: 1328 & 1332

17. Pipuun Bush Program

Access to the Land

Education and Culture

Cree Nation of Mistissini, Health and Social Department

This winter program provides participants with hands-on opportunities to connect with the land while learning essential traditional practices. Participants develop skills in responsible harvesting, hunting, trapping, snowshoeing, and cleaning and preparing harvests, guided by teachings that emphasize respect, safety, and stewardship of the land.

Contact: Laurie Brien, Int' BHC Administrator - lauriejimikin@mistissini.ca

Phone: (418) 923-3461 Ext: 1226



Access to the Land

18. Goose Break Bundles for Youth and Young Families

Cree Nation of Mistissini, Youth Council / Youth Department

Run by the Mistissini Youth Council, the Goose Break Bundles for Youth and Young Families provides food and gas vouchers to promote and assist families in engaging with the outdoors and traditional lands during goose break. The age range for the youth bundles is for youth aged 13-17, and for the young families bundles is 18-35.

Contact: Philip Mattawashish, Coordinator of Youth Programs & Development - Coordinatorypd@mistissini.ca. Justice Debassigne, Youth Chief - youthchief@mistissini.ca

Phone: (418) 923-2274 Ext: 223/ 222

Facebook: <https://www.facebook.com/MistissiniYouth>

19. COTA's Sustainable Non-Timber Forest Products (NTFP) Project

Cree Outfitting and

Tourism Association (COTA)

Production & Harvest

Knowledge & Infrastructure Development

Initiated in 2019 by the Cree Outfitting and Tourism Association (COTA), the project aims to improve the quality of the visitor experience in Eeyou Istchee by integrating non-timber forest products (NTFPs), mainly edible mushrooms and berries, into local restaurants and tourism offerings. A study was conducted to understand the distribution and abundance of NTFPs in collaboration with FaunENord. Areas surveyed include the Billy Diamond Highway, along some of the access roads, around Waswanipi and Mistissini, and on several islands near the communities of Waskaganish, Eastmain, Wemindji, and Chisasibi.

Contact: Rob Imrie, Director of Development, Robin McGinley Executive Director, and Emmanuelle Pelletier - info@creetourism.ca, epelletier@faunenord.org

COTA: (418) 745-2220

Nemaska

Store-Bought Foods



Direct Access

1. Emergency Food Baskets *Cree Health Board (CBHSSJB)*

Emergency food baskets provide a three-day food supply for pregnant and post-partum women, offered twice per year at the CMC during emergencies.

CMC: (819) 673-2511

Website: <https://www.creehealth.org/about-us/departments/miyupimaatisiun>

2. Community Soup Kitchen

Direct Access

Cree Nation of Nemaska, Social Development Department

Soup is prepared for community members and served at lunchtime. It is open to everyone.

Contact: Elizabeth Wapachee & Stella Moar, Wellness Centre

Website: <https://www.facebook.com/groups/1171050391184957/>

3. Community Fridge

Knowledge & Infrastructure Development

Direct Access

Cree Nation of Nemaska, Social Development Department

The Nemaska community fridge is open to everyone, it is located at the Wellness Center. Food surplus from the community grocery store can be shared with community members. Food prepared at the wellness center are also shared in the community fridge.

Contact: Elizabeth Wapachee & Stella Moar, Wellness Centre

Website: <https://www.facebook.com/groups/1171050391184957/>

4. Breakfast Club Program *Cree School Board*

Direct Access

Elementary & high school students are provided breakfast through a partnership between Breakfast Club of Canada and regional entities (Cree School Board, Cree Nation Government, the Cree Health Board).

School: elms@cscree.qc.ca - (819) 673-2536, Ext: 8221

Breakfast Program: <https://eeyoueducation.ca/youth/parents/learning-supports#breakfast>

Traditional Foods

Nemaska



5. Service of Traditional Food in Cree Health Board Food Services

Direct Access

Cree Health Board (CBHSSJB)

Traditional food may be served in the Cree Health Board food services (elders' homes, MSDCs, Hospital), when available. Traditional food is provided by Cree Hunters who received training on the CHB traditional food program, including food safety and hygiene.

Contact: Lilian Kandiliotis and Chantal Vinet-Lanouette, Public Health Nutritionists, Chantal.vinet@ssss.gouv.qc.ca.

Phone: (418) 923-2204, Ext: 42370

6. Community Freezer

Knowledge & Infrastructure Development

Cree Trappers Association (CTA)

The Cree Trappers Association (CTA) is installing community freezers to preserve and share traditional food with community members. Foods will vary according to seasonal availability, and may include moose, caribou, bear, beaver, goose, ptarmigan, fish, and berries.

Contact: Mabel Rabbitskin, Local Administrator - smrabbitskin@ctaoffice.ca.

Phone: (819) 673-2030

Facebook: <https://www.facebook.com/share/g/1Ak9komPdM/>

7. Access to Traditional Food Program

Direct Access

Production & Harvest

Cree Trappers Association (CTA)

Local CTA administrators hire local harvesters to provide traditional foods for elders, single-parent and low-income families who may not have access to a hunter or have limited financial resources for harvesting. It focuses mainly on harvesting fish, small game, and waterfowl. This initiative has been in place since the COVID-19 pandemic.

Contact: Mabel Rabbitskin, Local Administrator - smrabbitskin@ctaoffice.ca.

Phone: (819) 673-2030. **Facebook:** <https://www.facebook.com/share/g/1Ak9komPdM/>

Webpage: <https://creetrappers.ca/special-project/traditional-food-program>

8. Cabin Reconstruction Initiative

Cree Trappers Association (CTA)

Knowledge & Infrastructure Development

Access to the Land

The 2023 Forest fires burnt 11% of Eeyou Istchee and affected nearly 60% of traplines, damaging 142 cabins. The Cree Trappers Association is overseeing funds to rebuild cabins, with 50 being built so far. This project will continue in 2026.

Contact: Mabel Rabbitskin, Local Administrator - smrabbitskin@ctaoffice.ca.

Phone: (819) 673-2030. **Facebook:** <https://www.facebook.com/share/g/1Ak9komPdM/>

Cabin Project Webpage: <https://creetrappers.ca/special-project/cabin-project>

Traditional Foods

Nemaska



Access to the Land

9. Economic Security Program for Cree Hunters

Cree Hunters Economic Security Board (CHESB)

The Economic Security Program for Cree Hunters is a family program which provides an annual income to Crees who have chosen hunting, trapping and fishing activities as a way of life. The program encourages the Crees to pursue harvesting activities by providing them with an income guaranteed, benefits and other incentives.

Contact: Rachel Neeposh, Local Administrator - rachel.neeposh@creehunter.ca

Phone: (819) 673-2030, Ext: 22

Website: <https://www.chasseurcri.ca/about-us>

10. Community Justice Committees Food and Land Related Programming

CNG Justice and Correctional Services

Access to the Land

Education and Culture

The Community Justice Committees are responsible for much of the land-based programming offered in the Nation, with people who are at risk or have come into contact with the justice system. Initiatives vary per year and community, but can include preparing caribou hides, caribou hunting, and allowing youth and elders to connect while on the land.

Phone: (819) 673-2400

Website: <https://www.cngov.ca/services/justice-correctional/>

11. Old Nemaska Gathering

Access to the Land

Education and Culture

Cree Nation of Nemaska, Social Development Department

This now annual summer event honouring our heritage is one of the highlights of our year. During this event, we promote cultural teaching and host various recreational activities for all ages. Each year, we have a growing population taking part in the gathering. This event is hosted by the Social Development team.

Contact: Deborah Wapachee, Cultural Coordinator

Phone: 819-673-2512, Ext: 311

12. Nemaska Trappers' Festival

Education and Culture

Cree Nation of Nemaska, Social Development Department

The Trappers' Festival includes a demonstration of traditional teachings from our knowledge keepers, such as traditional tool making, sewing, net making and cooking. The Elders played a crucial role in preserving and passing down our cultural heritage and traditional skills. By highlighting these traditional teachings, the Trappers' Festival aims to promote cultural education that has been passed on to generations. This winter event is always a tremendous success with a high degree of Community engagement.

Contact: Deborah Wapachee, Cultural Coordinator

Phone: 819-673-2512, Ext: 311

Traditional Foods

Nemaska



13. Goose Break Bundles for Youth and Young Families

Access to the Land

Cree Nation of Nemaska, Youth Council / Youth Department

Run by the Nemaska Youth Council and Mammuu, the Goose Break Family Subsidy provides food and gas vouchers to promote and assist families in engaging with the outdoors and traditional lands during goose break. The age range for the youth bundles is for youth aged 13-17, and for the young families bundles is 18-35.

Contact: Brittany Moar, Youth Chief - Bmoar@nemaska.ca

Facebook: <https://www.facebook.com/NemaskaYouthCouncil>

14. Gas Subsidies for Cultural Excursions

Access to the Land

Cree Nation of Nemaska, Youth Council / Youth Department

Run by Youth Development, gas subsidies are provided to youth interested in participating in land-based activities such as hunting, fishing, and trapping. These subsidies cover the cost of gas and oil for their skidoos or vehicles.

Contact: Jean Meskino, Youth Development Coordinator

Facebook: <https://www.facebook.com/NemaskaYouthCouncil>



1. Community Garden

Education and Culture

Knowledge & Infrastructure Development

Band Office: (418) 745-3911

Staakun Enterprises

Phone: (418) 745-2519

3. Emergency Food Baskets *Cree Health Board (CBHSSJB).*

Website: <https://www.creehealth.org/about-us/departments/miyupimaatisiun>

4. ᑭᓴᐱᕈᖅ Miyuu-Ashimishuh Cree Health Board (CBHSSJB).

Facebook: <https://www.facebook.com/AwashOuje/>

Store-Bought Foods

Oujé-Bougoumou



5. Welcome Baby Food Basket

Cree Health Board (CBHSSJB)

Direct Access

A food basket is delivered to new mothers after giving birth.

Contact your local Awash nurse, PCCR, or nutritionist. **Awash:** (418) 745-2208

Awash Services : <https://www.creehealth.org/services/awash-services-children-0-9> ;

Pregnancy Healthy Eating : <https://www.creehealth.org/health-tips/pregnancy-healthy-eating>

Facebook: <https://www.facebook.com/AwashOuje/>

6. Meals on Wheels

Cree Health Board (CBHSSJB)

Direct Access

Meals on Wheels are provided to CHB home care clientele, including elderly clients who cannot attend Multi-Service Day Centres (MSDC) programs.

MSDC: (418)745-4070

Website: <https://creehealth.org/services/multi-service-day-centre-mdsc-services>

7. Nutritional Counselling

Cree Health Board (CBHSSJB)

Education and Culture

Nutrition counselling can take place in an individual session or in a group/workshop setting (such as a cooking or baby-food-making class). To meet with a nutritionist, get an appointment at the CMC with a nurse or doctor, and discuss your nutritional needs with them. You can also call the MSDC and ask to speak with the nutritionist there.

CMC: (418)745-3901

Website: <https://www.creehealth.org/about-us/departments/miyupimaatisiun>

8. Healthy Baby Program

Direct Access

Education and Culture

Ouje-Bougoumou Cree Nation, Wellness Department

The goal of these events is to share recipes and prepare healthy snacks for mothers and babies.

Contact: Olivia Couchees (Salt), Wellness Activities Monitor - ocouchees@ouje.ca

Wellness Center: (418) 745-2366

Facebook: <https://www.facebook.com/groups/496367707102670/>

9. Soup Kitchen

Ouje-Bougoumou Cree Nation, Wellness Department

Direct Access

The wellness center operates a soup kitchen, where tasty and healthy food is served to those in need. This initiative is financed by the Food Assistance Program.

Contact: Olivia Couchees (Salt), Wellness Activities Monitor - ocouchees@ouje.ca

Wellness Center: (418) 745-2366

Facebook: <https://www.facebook.com/groups/496367707102670/>

Store-Bought Foods

Oujé-Bougoumou



10. Food Bank from the Food Assistance Program

Direct Access

Ouje-Bougoumou Cree Nation, Wellness Department

The Food Assistance Program provides basic food products to those in need. Participants can access the food bank three times every four months at the Wellness Center. Non-perishables are also collected by donation, and through events such as a holiday food drive. This program targets low-income households, elders, families with children, people with disabilities and low-income individuals, as well as emergency cases.

Contact: Olivia Couchees (Salt), Wellness Activities Monitor - ocouchees@ouje.ca

Wellness Center: (418) 745-2366

Facebook: <https://www.facebook.com/groups/496367707102670/>

11. Children's Healthy Eating Program

Direct Access

Ouje-Bougoumou Cree Nation, Wellness Department

This program runs after school and provides youth with healthy, nutritious snacks.

Contact: Olivia Couchees (Salt), Wellness Activities Monitor - ocouchees@ouje.ca

Wellness Center: (418) 745-2366

Facebook: <https://www.facebook.com/groups/496367707102670/>

12. Breakfast Club Program Cree School Board

Direct Access

Elementary & high school students are provided breakfast through a partnership between Breakfast Club of Canada and regional entities (Cree School Board, Cree Nation Government, the Cree Health Board).

School: Waapihtiwewan@cscree.qc.ca - (418) 745-2542

Breakfast Program: <https://eeyoueducation.ca/youth/parents/learning-supports#breakfast>

13. Taco Tuesday

Direct Access

Education and Culture

Ouje-Bougoumou Cree Nation, Youth Council / Youth Department

Every second Tuesday during the school year, the youth council organizes a free lunch for youth in the community, serving tacos, spaghetti, and occasionally traditional food. Cree Health Board representatives often participate and give info sessions covering a variety of health topics.

Contact: Aliyah Stevens Bosum, Deputy Youth Chief

Petaapin Youth Centre: (418) 745-3366

Facebook: <https://www.facebook.com/groups/1682515502022517/>



Direct Access

14. Service of Traditional Food in Cree Health Board Food Services

Cree Health Board (CBHSSJB)

Traditional food may be served in the Cree Health Board food services (elders' homes, MSDCs, Hospital), when available. Traditional food is provided by Cree Hunters who received training on the CHB traditional food program, including food safety and hygiene.

Contact: Lilian Kandiliotis and Chantal Vinet-Lanouette, Public Health Nutritionists, Chantal.vinet@ssss.gouv.qc.ca.

Phone: (418) 923-2204, Ext: 42370

15. Community Freezer

Knowledge & Infrastructure Development

Cree Trappers Association (CTA)

The Cree Trappers Association (CTA) is installing community freezers to preserve and share traditional food with community members. Foods will vary according to seasonal availability, and may include moose, caribou, bear, beaver, goose, ptarmigan, fish, and berries.

Contact: Winnie Bosum, Local Administrator - muus@ctaoffice.ca.

Phone: (418) 745-2224

16. Access to Traditional Food Program

Direct Access

Production & Harvest

Cree Trappers Association (CTA)

Local CTA administrators hire local harvesters to provide traditional foods for elders, single-parent and low-income families who may not have access to a hunter or have limited financial resources for harvesting. It focuses mainly on harvesting fish, small game, and waterfowl. This initiative has been in place since the COVID-19 pandemic.

Contact: Winnie Bosum, Local Administrator - muus@ctaoffice.ca.

Phone: (418) 745-2224

Webpage: <https://creetrappers.ca/special-project/traditional-food-program>

17. Cabin Reconstruction Initiative

Cree Trappers Association (CTA)

Knowledge & Infrastructure Development

Access to the Land

The 2023 Forest fires burnt 11% of Eeyou Istchee and affected nearly 60% of traplines, damaging 142 cabins. The Cree Trappers Association is overseeing funds to rebuild cabins, with 50 being built so far. This project will continue in 2026.

Contact: Winnie Bosum, Local Administrator - muus@ctaoffice.ca.

Phone: (418) 745-2224

Cabin Project Webpage: <https://creetrappers.ca/special-project/cabin-project>



18. Economic Security Program for Cree Hunters

Access to the Land

Cree Hunters Economic Security Board (CHESB)

The Economic Security Program for Cree Hunters is a family program which provides an annual income to Crees who have chosen hunting, trapping and fishing activities as a way of life. The program encourages the Crees to pursue harvesting activities by providing them with an income guaranteed, benefits and other incentives.

Contact: Winnie Bosum, Local Administrator - winnie.bosum@creehunter.ca

Phone: (418) 745-3911 #246 **Website:** <https://www.chasseurcri.ca/about-us>

19. Community Justice Committees Food and Land Related Programming

CNG Justice and Correctional Services

Access to the Land

Education and Culture

The Community Justice Committees are responsible for much of the land-based programming offered in the Nation, with people who are at risk or have come into contact with the justice system. Initiatives vary per year and community, but can include preparing caribou hides, caribou hunting, and allowing youth and elders to connect while on the land.

Phone: (418) 745-2260 **Website:** <https://www.cngov.ca/services/justice-correctional/>

20. Fishing Excursion to Caniapiscaw

Access to the Land

Production & Harvest

Local Men's Association (LMA)

Biannual fishing excursion to Caniapiscaw, to bring back a harvest for the community. This excursion highlights the strength and endurance of our men as we come together to provide for our people.

Contact: Derrick Shecapio, Local Men's Association

21. Cultural Village Initiatives

Education and Culture

Ouje-Bougoumou Cree Nation, Cultural Department

The Cultural Department of the band office offers a set of activities at the cultural village, including many food-related training sessions and workshops on topics such as moose hide preparation, beaver trapping, and sturgeon smoking.

Contact: Timothy Wapachee, Cultural coordinator **Phone:** (418) 745-3911 ext. 232

Facebook: <https://www.facebook.com/groups/938731789537710>

Traditional Foods

Oujé-Bougoumou



22. Pipuun Eetouin Winter Festival

Education and Culture

Ouje-Bougoumou Cree Nation, Cultural Department

Weeklong winter festival celebrating Cree culture. Activities include a fishing excursion using a net, fish preparation, moosehide preparation, and a feast.

Contact: Timothy Wapachee, Cultural coordinator **Phone:** (418) 745-3911 ext. 232

Facebook: <https://www.facebook.com/groups/938731789537710>

23. Chiiwedow Festival

Education and Culture

Ouje-Bougoumou Cree Nation, Cultural Department

Weeklong winter festival celebrating Cree culture. Activities include a fishing excursion using a net, fish preparation, moosehide preparation, and a feast.

Contact: Timothy Wapachee, Cultural coordinator **Phone:** (418) 745-3911 ext. 232

Facebook: <https://www.facebook.com/groups/938731789537710>

24. Meuskum Eetowin Goose Festival

Education and Culture

Ouje-Bougoumou Cree Nation, Cultural Department

Spring festival with many activities related to goose hunting such as celebrating the first ever goose kills, a goose calling contest, and a community feast.

Contact: Timothy Wapachee, Cultural coordinator **Phone:** (418) 745-3911 ext. 232

Facebook: <https://www.facebook.com/groups/938731789537710>

25. Land-Based Camp

Access to the Land

Education and Culture

Ouje-Bougoumou Cree Nation, Social Development Department

This program promotes land-based education and connects community members to the land through traditional practices such as hunting, fishing, foraging, and medicinal plant gathering. A new land-based camp is being built on an island in Lake Opataca, about a 45-minute drive from Ouje-Bougoumou. The camp will host diverse programs for all ages, from family-oriented events that revitalize Cree language and culture to healing retreats for those struggling with drug and alcohol addiction.

Contact: Brenda St. Pierre, Land Base Camp Project Manager, Youth Development Coordinator - brenda.st.pierre@ouje.ca

Band Office: (418) 745-3911, **Youth Development coordinator:** (418) 745-3366 Ext. 226

Article on the project: <http://nationnews.ca/community/ouje-bougoumou-breaks-ground-on-new-land-based-camp/>

Traditional Foods

Oujé-Bougoumou



26. Goose Break Bundles for Youth and Young Families

Access to the Land

Ouje-Bougoumou Cree Nation, Youth Council / Youth Department

Run by the Ouje-Bougoumou Youth Council and Maamuu Uphichinaausuutauu, the Goose Break Bundles for Young Families provides food and gas vouchers to promote and assist families in engaging with the outdoors and traditional lands during goose break. The age range for the youth bundles is for youth aged 13-17, and for the young families bundles is 18-35. **Contact:** Miguel Shecapio-Blacksmith, Youth Chief - Ychief@ouje.ca

Petaapin Youth Centre: (418) 745-3366

Facebook: <https://www.facebook.com/groups/1682515502022517/>

27. Adopt a Youth Goose Break Program

Access to the Land

Ouje-Bougoumou Cree Nation, Youth Council / Youth Department

The Adopt a Youth Goose Break Program provides grocery vouchers and travel expense reimbursement for participants to join other families during their goose break outings to their traplines.

Contact: Aliyah Stevens Bosum, Deputy Youth Chief

Petaapin Youth Centre: (418) 745-3366

Facebook: <https://www.facebook.com/groups/1682515502022517/>

28. Youth & Elders Program

Access to the Land

Education and Culture

Ouje-Bougoumou Cree Nation, Youth Council / Youth Department

The Youth & Elders Program offers a range of cultural activities bringing together youth and elders, such as hunting and traditional cookout outs on the land. This includes moose and bear hunting in the fall, ptarmigan in the winter and fishing in the summer.

Contact: Aliyah Stevens Bosum, Deputy Youth Chief

Petaapin Youth Centre: (418) 745-3366

Facebook: <https://www.facebook.com/groups/1682515502022517/>



1. Waskaganish Community Garden

Production & Harvest

Garden behind the Pentecostal church growing potatoes (carrots and onions have also been grown here in the past). Harvest is at the end of August or early September, when community members are invited to take fresh produce. The harvest is also shared with elders and families in need.

Facebook: <https://www.facebook.com/groups/736000350758890/>

2. Emergency Food Baskets Cree Health Board (CBHSSJB)

Emergency food baskets provide a three-day food supply for pregnant and post-partum women, offered twice per year at the CMC during emergencies.

Website: <https://www.creehealth.org/about-us/departments/miyupimaatisiun>

3. ᑭᓴᐱᕈᖅ Miyuu-Ashimishuh Cree Health Board (CBHSSJB)

The Miyû-Ashimishuh program offers weekly coupons to pregnant mothers for healthy food until two months post-delivery. Participants can get weekly grocery coupons for nutritious foods such as milk, eggs, fruits and vegetables.

Pregnancy Healthy Eating: <https://www.creehealth.org/health-tips/pregnancy-healthy-eating>

Store-Bought Foods

Waskaganish



4. Community Food Pantry *Cree Health Board (CBHSSJB)*

Direct Access

The Cree Health Board is partnering with the Banques Alimentaires du Québec to provide a monthly food bank. Starting in September 2025, bags of goods will be provided to families in need. The remaining food will be made available to the whole community. Eligibility is assessed by the psychosocial team (CHB), and the food pantry is located at the CMC.

Contact: Marianne Gagnon, Nutritionist, Marianne.Gagnon.reg18@ssss.gouv.qc.ca

M. Gagnon: 514-212-7297

5. Nutritional Counselling *Cree Health Board (CBHSSJB)*

Education and Culture

Nutrition counselling can take place in an individual session or in a group/workshop setting (such as a cooking or baby-food-making class). To meet with a nutritionist, get an appointment at the CMC with a nurse or doctor, and discuss your nutritional needs with them. You can also call the MSDC and ask to speak with the nutritionist there.

Contact: Marianne Gagnon, Nutritionist, Marianne.Gagnon.reg18@ssss.gouv.qc.ca

M. Gagnon: 514-212-7297

Website: <https://www.creehealth.org/about-us/departments/miyupimaatisiun>

6. Food Rescue Activities

Production & Harvest

Education and Culture

Cree Health Board (CBHSSJB)

Nutrition counselling can take place in an individual session or in a group/workshop setting (such as a cooking or baby-food-making class). To meet with a nutritionist, get an appointment at the CMC with a nurse or doctor, and discuss your nutritional needs with them. You can also call the MSDC and ask to speak with the nutritionist there.

Contact: Marianne Gagnon, Nutritionist, Marianne.Gagnon.reg18@ssss.gouv.qc.ca

M. Gagnon: 514-212-7297

Website: <https://www.creehealth.org/about-us/departments/miyupimaatisiun>

7. Breakfast Club Program *Cree School Board*

Direct Access

Elementary & high school students are provided breakfast through a partnership between Breakfast Club of Canada and regional entities (Cree School Board, Cree Nation Government, the Cree Health Board). **School:** info@cscree.qc.ca - (418) 923-2764

Breakfast Program: <https://eeyoueducation.ca/youth/parents/learning-supports#breakfast>

8. Annual Christmas Food Bank *Waskaganish Wellness Society*

Direct Access

Every year, the Waskaganish Wellness Society collects non-perishable food items to help provide meals for those in need.

Facebook: <https://www.facebook.com/groups/waskaganishwellnesssociety/>



Direct Access

9. Service of Traditional Food in Cree Health Board Food Services

Cree Health Board (CBHSSJB)

Traditional food may be served in the Cree Health Board food services (elders' homes, MSDCs, Hospital), when available. Traditional food is provided by Cree Hunters who received training on the CHB traditional food program, including food safety and hygiene.

Contact: Lilian Kandiliotis and Chantal Vinet-Lanouette, Public Health Nutritionists, Chantal.vinet@ssss.gouv.qc.ca.

Phone: (418) 923-2204, Ext: 42370

10. Community Freezer

Knowledge & Infrastructure Development

Cree Trappers Association (CTA)

The Cree Trappers Association (CTA) is installing community freezers to preserve and share traditional food with community members. Foods will vary according to seasonal availability, and may include moose, caribou, bear, beaver, goose, ptarmigan, fish, and berries.

Contact: Darryl J. Salt, Local Administrator - cta@waskaganish.ca

Phone: (819) 895-2030, Ext: 2823, **Facebook:** <https://www.facebook.com/p/Waskaganish-Cree-Trappers-Association-100066393462787/>

11. Access to Traditional Food Program

Direct Access

Production & Harvest

Cree Trappers Association (CTA)

Local CTA administrators hire local harvesters to provide traditional foods for elders, single-parent and low-income families who may not have access to a hunter or have limited financial resources for harvesting. It focuses mainly on harvesting fish, small game, and waterfowl. This initiative has been in place since the COVID-19 pandemic.

Contact: Darryl J. Salt, Local Administrator - cta@waskaganish.ca

Phone: (819) 895-2030, Ext: 2823, **Facebook:** <https://www.facebook.com/p/Waskaganish-Cree-Trappers-Association-100066393462787/>

Webpage: <https://creetrappers.ca/special-project/traditional-food-program>

12. Cabin Reconstruction Initiative

Cree Trappers Association (CTA)

Knowledge & Infrastructure Development

Access to the Land

The 2023 Forest fires burnt 11% of Eeyou Istchee and affected nearly 60% of traplines, damaging 142 cabins. The Cree Trappers Association is overseeing funds to rebuild cabins, with 50 being built so far. This project will continue in 2026.

Contact: Darryl J. Salt, Local Administrator - cta@waskaganish.ca

Phone: (819) 895-2030, Ext: 2823, **Facebook:** <https://www.facebook.com/p/Waskaganish-Cree-Trappers-Association-100066393462787/>

Cabin Project Webpage: <https://creetrappers.ca/special-project/cabin-project>

Traditional Foods

Waskaganish



13. Economic Security Program for Cree Hunters

Access to the Land

Cree Hunters Economic Security Board (CHESB)

The Economic Security Program for Cree Hunters is a family program which provides an annual income to Crees who have chosen hunting, trapping and fishing activities as a way of life. The program encourages the Crees to pursue harvesting activities by providing them with an income guaranteed, benefits and other incentives.

Contact: Angeline McLeod, Local Administrator - angeline.mcleod@creehunter.ca

Phone: (819) 895-2247 **Website:** <https://www.chasseurcri.ca/about-us>

14. Community Justice Committees Food and Land Related Programming

CNG Justice and Correctional Services

Access to the Land

Education and Culture

The Community Justice Committees are responsible for much of the land-based programming offered in the Nation, with people who are at risk or have come into contact with the justice system. Initiatives vary per year and community, but can include preparing caribou hides, caribou hunting, and allowing youth and elders to connect while on the land.

Phone: (819) 895-2126 **Website:** <https://www.cngov.ca/services/justice-correctional/>

15. Wiichihiiwewin Cooking Workshops

Education and Culture

Waskaganish Wiichihiiwewin Centre

Monthly cooking with moms and cooking with the guys workshops are livestreamed on the Wiichihiiwewin Centre's Facebook page. This program lasts for 1h in the early evening and includes both cooking of store-bought foods and traditional foods.

Contact: David Cheechoo, Executive Director, dcheechoo@wiichihiiwewincounseling.com

Phone: (819) 895-4164, **Website:** <https://wwcentre.ca/>

Facebook: <https://www.facebook.com/groups/736000350758890/>

16. Wiichihiiwewin Land-Based Programs

Access to the Land

Education and Culture

Waskaganish Wiichihiiwewin Centre

The Wiichihiiwewin Centre organizes a multitude of land-based programs to teach life skills and promote healthy living. These include a wilderness camp for youth, healing journeys and Wiichihiiisuu land-based. Under the guidance of elders, these programs bring participants to develop skills such as skinning beavers, working with a moose hide, fishing, rabbit snaring, beaver trapping, beading and sewing.

Contact: David Cheechoo, Executive Director, dcheechoo@wiichihiiwewincounseling.com

Phone: (819) 895-4164, **Website:** <https://wwcentre.ca/>

Facebook: <https://www.facebook.com/groups/736000350758890/>

Traditional Foods

Waskaganish



17. Elders Lunch Program

Direct Access

Cree Nation of Waskaganish, Cultural Department

The lunch program is available starting in December and runs throughout the winter. It is run by the Cultural Department and serves both traditional and store-bought foods.

Contact: Stacy Bear, Manager, Culture & Tourism Programs - sbear@waskaganish.ca

Phone: (819) 895-2250

18. Summer Fishery Program

Direct Access

Education and Culture

Production & Harvest

Siibii Development Corp

Fish is harvested from the Rupert, Nottaway and Broadback rivers over July and August. Species include pike, sturgeon, whitefish and walleye. All fish are cleaned, smoked and supplied to community members while the fish are prepared as plates for local distribution.

Contact: Jack Diamond, Siibii Director & President - jdiamond@waskaganish.ca

Phone: (819) 895-8650

19. Adopt a Youth Goose Break Program

Access to the Land

Cree Nation of Waskaganish, Youth Council / Youth Department

The Adopt a Youth Goose Break Program provides grocery vouchers and travel expense reimbursement for participants to join other families during their goose break outings to their traplines.

Youth Council: (819) 895-2882

Facebook: <https://www.facebook.com/WFNYC>

20. Goose Break Bundles for Youth and Young Families

Access to the Land

Cree Nation of Waskaganish, Youth Council / Youth Department

Run by the Sports & Recreation Department, the Wiichiitutau Goosebreak Assistance Vouchers provide food and gas vouchers to promote and assist families in engaging with the outdoors and traditional lands during goose break. The age range for the youth bundles is for youth aged 13-17, and for the young families bundles is 18-35.

Contact: Charles J. Hester, Director of Youth & Recreation - cjhester@waskaganish.ca

Phone: (819) 895-8000 **Facebook:** <https://www.facebook.com/WFNYC>

21. Aashuumihih Winter Journey

Education and Culture

Access to the Land

Cree Nation of Waskaganish, Youth Council / Youth Department

The Aashuumihih Winter Journey is an opportunity for youth to be out on the land, to practice Cree Culture and to learn more about the Cree way of life. Youth learn various hunting skills, such as trapping, during the winter season, which is a major part of this program. **Youth Council:** (819) 895-2882

Facebook: <https://www.facebook.com/WFNYC>



22. Fall Hunting Program

Education and Culture

Access to the Land

Cree Nation of Waskaganish, Youth Council / Youth Department

This program takes place in the fall for youth and runs for a duration of two (2) weeks. It involves various camps for youth to visit and experience, and guides are provided to teach how to prepare traditional food. Harvesting activities include setting beaver traps, moose hunting and setting fishnets.

Youth Council: (819) 895-2882

Facebook: <https://www.facebook.com/WFNYC>

23. COTA's Sustainable Non-Timber Forest Products (NTFP) Project

Cree Outfitting and

Tourism Association (COTA)

Production & Harvest

Knowledge & Infrastructure Development

Initiated in 2019 by the Cree Outfitting and Tourism Association (COTA), the project aims to improve the quality of the visitor experience in Eeyou Istchee by integrating non-timber forest products (NTFPs), mainly edible mushrooms and berries, into local restaurants and tourism offerings. A study was conducted to understand the distribution and abundance of NTFPs in collaboration with FaunENord. Areas surveyed include the Billy Diamond Highway, along some of the access roads, around Waswanipi and Mistissini, and on several islands near the communities of Waskaganish, Eastmain, Wemindji, and Chisasibi.

Contact: Rob Imrie, Director of Development, Robin McGinley Executive Director, and Emmanuelle Pelletier - info@creetourism.ca, epelletier@faunenord.org

COTA: (418) 745-2220



1. Waswanipi Community Garden

Knowledge & Infrastructure Development

Production & Harvest

2. Food Security Working Group

3. Local Food Bank *Waswanipi Pentecostal Church*

4. Emergency Food Baskets *Cree Health Board (CBHSSJB).*

5. ᑭᓴᐱᕐᑎᓂᓄᓐ Miyuu-Ashimishuh Cree Health Board (CBHSSJB)

41

Store-Bought Foods

Waswanipi



6. Nutritional Counselling *Cree Health Board (CBHSSJB)*

Education and Culture

Nutrition counselling can take place in an individual session or in a group/workshop setting (such as a cooking or baby-food-making class). To meet with a nutritionist, get an appointment at the CMC with a nurse or doctor, and discuss your nutritional needs with them. You can also call the MSDC and ask to speak with the nutritionist there.

Clinic: (819)753-2511

Website: <https://www.creehealth.org/about-us/departments/miyupimaatisiun>

7. Meals on Wheels *Cree Nation of Waswanipi, Wellness Department*

Direct Access

This program is for the elderly, new birth mothers, people with disabilities, or dialysis patients. 25 people are selected for the program that runs three times per week, providing nutritious meals, reduced loneliness, safety check-ups, independence for elders and improved mental health.

Contact: Glorianna Neeposh & Edith Salt

Phone: (819) 753-7536

8. Waswanipi Lunch Program

Direct Access

Cree Nation of Waswanipi, Wellness Department

Our Lunch Program is providing and supporting busy working parents, providing delicious meals for children so they can concentrate and pay attention more at school. Also, to socialize amongst themselves during Lunch. The program runs for the whole school year and is able to accommodate 50 elementary school children at a cost of 150\$ per child.

Contact: Glorianna Neeposh & Edith Salt

Phone: (819) 753-7536

9. Breakfast Club Program *Cree School Board*

Direct Access

Elementary & high school students are provided breakfast through a partnership between Breakfast Club of Canada and regional entities (Cree School Board, Cree Nation Government, the Cree Health Board).

School: wjhms@cscree.qc.ca - (819) 753-2583

Breakfast Program: <https://eeyoueducation.ca/youth/parents/learning-supports#breakfast>

10. SAES Professional Cooking Training *Cree School Board*

Education and Culture

Professional cooking training is offered by Sabtuan Adult Education to get the skills and experience needed to become a professional chef.

School: sabtuanadulter@cscree.qc.ca - (844) 923-3347

Website: <https://eeyoueducation.ca/adult/on-territory/vocational/desc/professional-cooking>

Facebook: <https://www.facebook.com/SRVTCtraining>

Traditional Foods

Waswanipi



11. Kitchen Down the River

Direct Access

Cree Nation of Waswanipi, Cultural Department

Run by the cultural department, this initiative runs at a variable frequency and offers lunches to the community, often including traditional meat.

12. Service of Traditional Food in Cree Health Board Food Services

Direct Access

Cree Health Board (CBHSSJB)

Traditional food may be served in the Cree Health Board food services (elders' homes, MSDCs, Hospital), when available. Traditional food is provided by Cree Hunters who received training on the CHB traditional food program, including food safety and hygiene.

Contact: Lilian Kandiliotis and Chantal Vinet-Lanouette, Public Health Nutritionists, Chantal.vinet@ssss.gouv.qc.ca. **Phone:** (418) 923-2204, Ext: 42370

13. Community Freezer

Knowledge & Infrastructure Development

Cree Trappers Association (CTA)

The freezer is installed in the CTA warehouse to preserve and share traditional food with community members. Foods will vary according to seasonal availability, and may include moose, caribou, bear, beaver, goose, ptarmigan, fish, and berries.

Contact: Local CTA Administrator (currently vacant) **Phone:** (819) 753-2322

14. Access to Traditional Food Program

Direct Access

Production & Harvest

Cree Trappers Association (CTA)

Local CTA administrators hire local harvesters to provide traditional foods for elders, single-parent and low-income families who may not have access to a hunter or have limited financial resources for harvesting. It focuses mainly on harvesting fish, small game, and waterfowl. This initiative has been in place since the COVID-19 pandemic.

Contact: Local CTA Administrator (currently vacant) **Phone:** (819) 753-2322

Webpage: <https://creetrappers.ca/special-project/traditional-food-program>

15. Cabin Reconstruction Initiative

Cree Trappers Association (CTA)

Knowledge & Infrastructure Development

Access to the Land

The 2023 Forest fires burnt 11% of Eeyou Istchee and affected nearly 60% of traplines, damaging 142 cabins. The Cree Trappers Association is overseeing funds to rebuild cabins, with 50 being built so far. This project will continue in 2026.

Contact: Local CTA Administrator (currently vacant) **Phone:** (819) 753-2322

Cabin Project Webpage: <https://creetrappers.ca/special-project/cabin-project>



16. Economic Security Program for Cree Hunters

Access to the Land

Cree Hunters Economic Security Board (CHESB)

The Economic Security Program for Cree Hunters is a family program which provides an annual income to Crees who have chosen hunting, trapping and fishing activities as a way of life. The program encourages the Crees to pursue harvesting activities by providing them with an income guaranteed, benefits and other incentives.

Contact: Darlene Diamond, Local Administrator - darlene.diamond@creehunter.ca

Phone: (819) 753-2322, Ext: 225 **Website:** <https://www.chasseurcri.ca/about-us>

17. Community Justice Committees Food and Land Related Programming

CNG Justice and Correctional Services

Access to the Land

Education and Culture

The Community Justice Committees are responsible for much of the land-based programming offered in the Nation, with people who are at risk or have come into contact with the justice system. Initiatives vary per year and community, but can include preparing caribou hides, caribou hunting, and allowing youth and elders to connect while on the land.

Phone: (819) 753-2770 **Website:** <https://www.cngov.ca/services/justice-correctional/>

18. Piipoun Eetouwin – Winter Arts Festival

Education and Culture

Cree Nation of Waswanipi

The Winter Arts Festival takes place in February and March at the Cultural Village. It includes many workshops on traditional cooking and traditional medicine. This event is a collaboration between the Wellness & Brighter Futures, NISHIIYOU, C.T.A., Justice Department, Uskahu Iihtuuwin, Elders Council & Cultural Department, Youth Council, Head Start Program, and the Myupimaatisium Committee.

19. Chiiwetau Annual Gathering

Access to the Land

Education and Culture

Cree Nation of Waswanipi, Social Development Department

Chiiwetau means "Let's go home!" and is the annual gathering of the people of Waswanipi. It is a time to learn and to pass on traditional knowledge, thanks to workshops such as paddle making, preparation of animal hides, cooking and other Cree teachings. Chiiwetau is open to everyone!

Facebook: <https://www.facebook.com/groups/554645685556641/>



20. Adopt a Youth Goose Break Program

Access to the Land

Cree Nation of Waswanipi, Youth Council / Youth Department

Run by Brighter Futures and Miyupimaatisiun Uskaau Ihuuwin, the Goose Break Adopting Program for Children & Youth provides grocery vouchers and travel expense reimbursement for participants to join other families during their goose break outings to their traplines.

Contact: Eddie happyjack, Brighter Futures & Eenou Youth Life Coach,

Email: eddie.happyjack@ssss.gouv.qc.ca

Phone: (819) 753-7036

Facebook: <https://www.facebook.com/waswanipijc>

21. Goose Break Bundles for Youth and Young Families

Access to the Land

Cree Nation of Waswanipi, Youth Council / Youth Department

Run by the Waswanipi Youth Council and Youth Department, the Goose Break Vouchers provide food and gas vouchers to promote and assist families in engaging with the outdoors and traditional lands during goose break. The age range for the youth bundles is for youth aged 13-17, and for the young families bundles is 18-35.

Contact: Amanda Gull, Administrative Assistant to Youth Department at Waswanipi Youth Center

Phone: (819) 753-2810

Facebook: <https://www.facebook.com/WFNYC>

22. COTA's Sustainable Non-Timber Forest Products (NTFP) Project

Cree Outfitting and

Tourism Association (COTA)

Production & Harvest

Knowledge & Infrastructure Development

Initiated in 2019 by the Cree Outfitting and Tourism Association (COTA), the project aims to improve the quality of the visitor experience in Eeyou Istchee by integrating non-timber forest products (NTFPs), mainly edible mushrooms and berries, into local restaurants and tourism offerings. A study was conducted to understand the distribution and abundance of NTFPs in collaboration with FaunENord. Areas surveyed include the Billy Diamond Highway, along some of the access roads, around Waswanipi and Mistissini, and on several islands near the communities of Waskaganish, Eastmain, Wemindji, and Chisasibi.

Contact: Rob Imrie, Director of Development, Robin McGinley Executive Director, and Emmanuelle Pelletier - info@creetourism.ca, epelletier@faunenord.org

COTA: (418) 745-2220



1. Greenhouse

Production & Harvest

Cree Nation of Wemindji

Contact: Howard MacDonald, Director of Environment and Lands Management

Phone: (819) 978-7154

Knowledge & Infrastructure Development

In collaboration with the consulting firm Odonaterra, the Cree Nation of Wemindji is strengthening local food security by combining traditional knowledge, local food production, and community engagement. A community working group created a detailed food system map that identified over 40 food access points, such as grocery stores, gardens, traditional harvesting support, food education, and local food production. This allowed the community to identify their vulnerabilities, strengths, and priorities, from which they are currently developing an action plan.

Contact: Howard MacDonald, Director of Environment and Lands Management,
Fiona Wirz-Endrys, Odonaterra Community Impact & Food Security Specialist

Email: howard.macdonald@wemindji.ca, fiona@odonaterra.com **Phone:** (819) 978-7154

Webinar Link

3. ᐃᑦᓴᕈᖅ Miyuu-Ashimishuh

Cree Health Board (CBHSSJB)

The Miyû-Ashimishuh program offers weekly coupons to pregnant mothers for healthy food until two months post-delivery. Participants can get weekly grocery coupons for nutritious foods such as milk, eggs, fruits and vegetables.

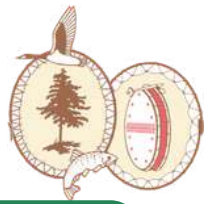
Contact your local Awash nurse, PCCR, or nutritionist. **CMC:** (819) 978-0225

Awash Services : <https://www.creehealth.org/services/awash-services-children-0-9> ;

Pregnancy Healthy Eating : <https://www.creehealth.org/health-tips/pregnancy-healthy-eating>

Store-Bought Foods

Wemindji



Direct Access

4. Emergency Food Baskets Cree Health Board (CBHSSJB)

Emergency food baskets provide a three-day food supply for pregnant and post-partum women, offered twice per year at the CMC during emergencies.

CMC: (819)978-0225

Website: <https://www.creehealth.org/about-us/departments/miyupimaatisiun>

5. Nutritional Counselling Cree Health Board (CBHSSJB)

Education and Culture

Nutrition counselling can take place in an individual session or in a group/workshop setting (such as a cooking or baby-food-making class). To meet with a nutritionist, get an appointment at the CMC with a nurse or doctor, and discuss your nutritional needs with them. You can also call the MSDC and ask to speak with the nutritionist there.

CMC: (819) 978-0225

Website: <https://www.creehealth.org/about-us/departments/miyupimaatisiun>

6. Wemindji Community Food Pantry Cree Health Board (CBHSSJB)

Direct Access

The Cree Health Board is partnering with the Banques Alimentaires du Québec to provide a monthly food bank. Starting in September 2025, bags of goods will be provided to families in need. The remaining food will be made available to the whole community. Eligibility is assessed by the psychosocial team (CHB), and the food pantry is located at the CMC.

Contact: Joyce Chang, Nutritionist (CHB) and Angela Stewart, Wellness & Culture Manager

7. Randy's Soup Kitchen

Direct Access

Cree Nation of Wemindji, Wellness and Cultural Department

Warm and hearty meals shared with the community served on a first-come, first-served basis at the community hall.

Phone: (819) 978-3868, Ext: 225

8. Fruits and Vegetables Giveaway

Direct Access

Cree Nation of Wemindji, Wellness and Cultural Department

Punctual distribution of nutritious fruits and vegetables on a first-come, first-served basis at the community hall.

Phone: (819) 978-3868, Ext: 221

9. Breakfast Club Program Cree School Board

Direct Access

Elementary & high school students are provided breakfast through a partnership between Breakfast Club of Canada and regional entities (Cree School Board, Cree Nation Government, the Cree Health Board).

School: mes@cscree.qc.ca - (819) 978-0270

Breakfast Program: <https://eeyoueducation.ca/youth/parents/learning-supports#breakfast>



Direct Access

10. Service of Traditional Food in Cree Health Board Food Services

Cree Health Board (CBHSSJB)

Traditional food may be served in the Cree Health Board food services (elders' homes, MSDCs, Hospital), when available. Traditional food is provided by Cree Hunters who received training on the CHB traditional food program, including food safety and hygiene.

Contact: Lilian Kandiliotis and Chantal Vinet-Lanouette, Public Health Nutritionists, Chantal.vinet@ssss.gouv.qc.ca.

Phone: (418) 923-2204, Ext: 42370

11. Community Freezer

Knowledge & Infrastructure Development

Cree Trappers Association (CTA)

The freezer is installed in the CTA warehouse to preserve and share traditional food with community members. Foods will vary according to seasonal availability, and may include moose, caribou, bear, beaver, goose, ptarmigan, fish, and berries.

Contact: Bill Stewart, Local Administrator - billstewart@ctaoffice.ca

Phone: (819) 978-3005

12. Access to Traditional Food Program

Direct Access

Production & Harvest

Cree Trappers Association (CTA)

Local CTA administrators hire local harvesters to provide traditional foods for elders, single-parent and low-income families who may not have access to a hunter or have limited financial resources for harvesting. It focuses mainly on harvesting fish, small game, and waterfowl. This initiative has been in place since the COVID-19 pandemic.

Contact: Bill Stewart, Local Administrator - billstewart@ctaoffice.ca

Phone: (819) 978-3005

Webpage: <https://creetrappers.ca/special-project/traditional-food-program>

13. Cabin Reconstruction Initiative

Cree Trappers Association (CTA)

Knowledge & Infrastructure Development

Access to the Land

The 2023 Forest fires burnt 11% of Eeyou Istchee and affected nearly 60% of traplines, damaging 142 cabins. The Cree Trappers Association is overseeing funds to rebuild cabins, with 50 being built so far. This project will continue in 2026.

Contact: Bill Stewart, Local Administrator - billstewart@ctaoffice.ca

Phone: (819) 978-3005

Cabin Project Webpage: <https://creetrappers.ca/special-project/cabin-project>

Traditional Foods

Wemindji



14. Economic Security Program for Cree Hunters

Access to the Land

Cree Hunters Economic Security Board (CHESB)

The Economic Security Program for Cree Hunters is a family program which provides an annual income to Crees who have chosen hunting, trapping and fishing activities as a way of life. The program encourages the Crees to pursue harvesting activities by providing them with an income guaranteed, benefits and other incentives.

Contact: Krista Kakabat, Local Administrator - krista.kakabat@creehunter.ca

Phone: (819) 978-3005, Ext: 229 **Website:** <https://www.chasseurcri.ca/about-us>

15. Community Justice Committees Food and Land Related Programming

CNG Justice and Correctional Services

Access to the Land

Education and Culture

The Community Justice Committees are responsible for much of the land-based programming offered in the Nation, with people who are at risk or have come into contact with the justice system. Initiatives vary per year and community, but can include preparing caribou hides, caribou hunting, and allowing youth and elders to connect while on the land.

Phone: (819) 978-3300 **Website:** <https://www.cngov.ca/services/justice-correctional/>

16. Seasonal Hunting and Trapping Camps

Access to the Land

Education and Culture

Cree Nation of Wemindji, Wellness and Cultural Department

Participants learn traditional survival skills focused on harvesting and preparing small game, fishing/ice fishing, depending on the season, snowshoeing, gathering firewood, setting rabbit snares, beaver traps, and more under the guidance of experienced instructors. Campers will also be taught how to properly clean, cook, and preserve their harvest for future use. This camp offers a valuable opportunity to connect and deepen respect for the land with traditional practices.

Contact: Betty Stewart, Cultural Coordinator at Wellness & Cultural Department

Phone: (819) 978-3868, Ext: 222

Facebook: <https://www.facebook.com/groups/774861970037603>

17. Moose Hunting trips

Access to the Land

Education and Culture

Cree Nation of Wemindji, Wellness and Cultural Department

Experience the adventures of being out on the land looking for moose tracks. Learn the patience and carefulness of killing a moose, skinning and butchering. This initiative takes place a few times over the winter months.

Contact: Betty Stewart, Cultural Coordinator at Wellness & Cultural Department

Phone: (819) 978-3868, Ext: 222

Facebook: <https://www.facebook.com/groups/774861970037603>

Traditional Foods

Wemindji



18. Gookums & Friends blueberry picking trip

Access to the Land

Production & Harvest

Cree Nation of Wemindji, Wellness and Cultural Department

An organized day trip to pick blueberries in the late summer, early fall. Transportation covered.

Phone: (819) 978-3868 **Facebook:** <https://www.facebook.com/groups/774861970037603>

19. Grab and go meals

Direct Access

Cree Nation of Wemindji, Wellness and Cultural Department

Tasty traditional food served on a first-come, first-served basis.

Contact: Betty Stewart, Cultural Coordinator at Wellness & Cultural Department

Phone: (819) 978-3868 **Facebook:** <https://www.facebook.com/groups/774861970037603>

20. Goose Break Bundles for Youth and Young Families

Access to the Land

Cree Nation of Wemindji, Youth Council / Youth Department

Run by the Wemindji Youth Department and Maamuu Uhpichinaausuutaau, the Young Families Goose Break Bundle provides food and gas vouchers to promote and assist families in engaging with the outdoors and traditional lands during goose break. The age range for the youth bundles is for youth aged 13-17, and for the young families bundles is 18-35. **Contact:** Betsy Hughboy, Director of the Youth Department - youthchief@wemindji.ca **Phone:** (819) 978-3949, Ext: 0

Facebook: <https://www.facebook.com/PaintHillsUschiniichiiuukimikw>

21. Wemindji Culture Camp

Access to the Land

Cree School Board

The Joy Ottereyes Rainbow Memorial School owns and maintains a Culture Camp at km 6 on the access road. Our students often benefit from full-day excursions to the camp.

Contact: Betsy Hughboy, Director of the Youth Department - youthchief@wemindji.ca **Education and Culture**

School: jorms@cscree.qc.ca - (819) 978-3388

22. COTA's Sustainable Non-Timber Forest Products (NTFP) Project

Cree Outfitting and

Tourism Association (COTA)

Production & Harvest

Knowledge & Infrastructure Development

Initiated in 2019 by the Cree Outfitting and Tourism Association (COTA), the project aims to improve the quality of the visitor experience in Eeyou Istchee by integrating non-timber forest products (NTFPs), mainly edible mushrooms and berries, into local restaurants and tourism offerings. A study was conducted to understand the distribution and abundance of NTFPs in collaboration with FaunENord. Areas surveyed include the Billy Diamond Highway, along some of the access roads, around Waswanipi and Mistissini, and on several islands near the communities of Waskaganish, Eastmain, Wemindji, and Chisasibi.

Contact: Rob Imrie, Director of Development, Robin McGinley Executive Director, and Emmanuelle Pelletier - info@creetourism.ca, epelletier@faunenord.org

COTA: (418) 745-2220



Direct Access

6. Service of Traditional Food in Cree Health Board Food Services

Cree Health Board (CBHSSJB)

Traditional food may be served in the Cree Health Board food services (elders' homes, MSDCs, Hospital), when available. Traditional food is provided by Cree Hunters who received training on the CHB traditional food program, including food safety and hygiene.

Contact: Lilian Kandiliotis and Chantal Vinet-Lanouette, Public Health Nutritionists, Chantal.vinet@ssss.gouv.qc.ca.

Phone: (418) 923-2204, Ext: 42370

7. Community Freezer

Knowledge & Infrastructure Development

Cree Trappers Association (CTA)

The freezer is installed in the CTA warehouse to preserve and share traditional food with community members. Foods will vary according to seasonal availability, and may include moose, caribou, bear, beaver, goose, ptarmigan, fish, and berries.

Contact: Ian Bobbish, Local Administrator - ianbobbish@ctaoffice.ca

Phone: (819) 929-3528

8. Access to Traditional Food Program

Direct Access

Production & Harvest

Cree Trappers Association (CTA)

Local CTA administrators hire local harvesters to provide traditional foods for elders, single-parent and low-income families who may not have access to a hunter or have limited financial resources for harvesting. It focuses mainly on harvesting fish, small game, and waterfowl. This initiative has been in place since the COVID-19 pandemic.

Contact: Ian Bobbish, Local Administrator - ianbobbish@ctaoffice.ca

Phone: (819) 929-3528

Webpage: <https://creetrappers.ca/special-project/traditional-food-program>

9. Economic Security Program for Cree Hunters

Access to the Land

Cree Hunters Economic Security Board (CHESB)

The Economic Security Program for Cree Hunters is a family program which provides an annual income to Crees who have chosen hunting, trapping and fishing activities as a way of life. The program encourages the Crees to pursue harvesting activities by providing them with an income guaranteed, benefits and other incentives.

Contact: Allannah House, Local Administrator - allannah.house@creehunter.ca

Phone: (819) 929-3528 **Website:** <https://www.chasseurcri.ca/about-us>

10. Traditional Skills and Wellness Retreat

Access to the Land

Education and Culture

Cree School Board, Whapmagoostui First Nation, Cultural Department

A five-day trip in early fall for students from the Badabin Eeyou school to learn about traditional food teachings, fishing, setting fish nets and hooks, and traditional medicine.



11. Community Justice Committees Food and Land Related Programming

CNG Justice and Correctional Services

Access to the Land

Education and Culture

The Community Justice Committees are responsible for much of the land-based programming offered in the Nation, with people who are at risk or have come into contact with the justice system. Initiatives vary per year and community, but can include preparing caribou hides, caribou hunting, and allowing youth and elders to connect while on the land.

Phone: (819) 929-3796 **Website:** <https://www.cngov.ca/services/justice-correctional/>

12. Soup Kitchen Whapmagoostui First Nation, Cultural Department

Direct Access

Traditional foods such as bannock, ptarmigan, and caribou are served at the cultural camp soup kitchen Lodge. Open to anyone.

Contact: Amy Salt, Cultural Coordinator

13. Traditional Food Cooking Workshops

Education and Culture

Whapmagoostui First Nation, Cultural Department

Workshops for youth on preparing and cooking tasty meals with caribou, ptarmigans, beaver, fish, etc.

Contact: Amy Salt, Cultural Coordinator

14. Traditional Skills workshops

Education and Culture

Whapmagoostui First Nation, Cultural Department

Workshops on a variety of key traditional skills, such as how to clean and prepare bones, how to set and check beaver traps, how to properly clean caribou heads, and how to prepare traditional medicine. Workshops and teachings depend on the season.

Contact: Amy Salt, Cultural Coordinator

15. Goose Break Bundles for Youth and Young Families

Access to the Land

Whapmagoostui First Nation, Youth Council / Youth Department

Run by the Whapmagoostui Youth Department, the Maamuu Uhpichinaausuutaau Goose Break Grocery and Supplies Coupons assist families in engaging with the outdoors and traditional lands during goose break. The age range for the youth bundles is for youth aged 13-17, and for the young families bundles is 18-35.

Contact: band office, youth department office - (819) 929-3384, Ext: 242

Facebook: <https://www.facebook.com/groups/167541446703607/>

Important Past Studies and Projects on Food Security in Eeyou Istchee



Mapping the food system

1. Territorial Food System (TFS) Synthesis - Northern Quebec Eeyou Istchee

Cree Health Board (CBHSSJB)

2025

Synthesis document explaining the regional context, structure, and key actors of Eeyou Istchees food system. Produced for the ForumSAT (systèmes alimentaires territoriaux) in February 2025.

Contact: Chantal Vinet-Lanouette, Public Health Nutritionist and Catherine Godin, Planning, Programming and Research Officer - chantal.vinet@ssss.gouv.qc.ca

Synthesis: <https://forumsat.org/wp-content/uploads/2025/02/Synthese-Nord-du-Quebec-Eeyou-Istchee-EN-Forum-SAT.pdf>

2. 2021 Food Engagement Sessions

Cree Health Board (CBHSSJB)

2021

In June 2021, four hybrid food engagement sessions were held across Eeyou Istchee. Over 130 people participated in these sessions with the goal of sharing their knowledge, hopes, and ideas that will shape the vision for the future of food in Eeyou Istchee and help determine our priorities for action. The daily topics were: access to traditional food, access to healthy store-bought food, and producing food locally.

Contact: Chantal Vinet-Lanouette, Public Health Nutritionist - chantal.vinet@ssss.gouv.qc.ca

Summary report:

https://drive.google.com/file/d/1nG3jrYXLh6_9d9SX4cQlkbVBOZGudA3x/view

Food Security and Nutrition

3. Access to a Nutritious Food Basket in Eeyou Istchee

2025

Cree Health Board (CBHSSJB)

Study done every few years (3-6 years) looking at the availability and costs of nutritious foods in Eeyou Istchee and comparing it to other regions in Québec. The 2016 report is available online. Please connect with the contacts below for the 2021 and 2025 reports.

Contact: Chantal Vinet-Lanouette, Public Health Nutritionist and Catherine Godin, Planning, Programming and Research Officer - chantal.vinet@ssss.gouv.qc.ca

2016 report:

<https://www.creehealth.org/sites/default/files/NFB%20Report%202016%20FINAL.pdf>



Food Security and Nutrition

4. The First Nations Food, Nutrition and Environment Study

2021

Université de Montréal, Public Health Research Centre and Faculty of Medicine, Department of Nutrition ; CIUSS du Centre-sud-de-l'Île-de-Montréal

A study on First Nation and Inuit communities from across Canada, including three Eeyou Istchee communities collected in 2016 (Whapmagoostui, Mistissini, Waskaganish). Information on food insecurity, traditional food consumption, external factors impacting traditional food consumption, nutrient adequacy and the nutritional importance of traditional foods as compared to market foods.

Contact: Dr. Malek Batal, Université de Montréal - malek.batal@umontreal.ca

Introductory article: <https://doi.org/10.17269/s41997-021-00480-0>

Article on Food Security: <https://doi.org/10.17269/s41997-021-00491-x>

Article on Traditional Foods: <https://doi.org/10.17269/s41997-020-00353-y>

Article on Nutrient Adequacy: <https://doi.org/10.17269/s41997-021-00490-y>

Health & Contaminants

5. Multi-Community Environment and Health Study: Nituuchischaayihititau

2013

Aschii *Cree Health Board (CBHSSJB)*

A multitude of studies conducted between 2005 and 2009 across seven Eeyou Istchee communities examined the complex interplay between the environment, hunting and dietary practices, and health outcomes. These studies explored preferences for drinking water and the prevalence of water-borne illnesses, the frequency and nutritional value of traditional food consumption, risks of contamination and zoonotic diseases, as well as the consumption of "Western" foods and their association with chronic conditions such as diabetes and heart disease. The included communities are Mistissini, Wemindji, Eastmain, Waswanipi, Waskaganish, Chisasibi, and Whapmagoostui. A similar study was done in 2002 in Nemaska & Ouje-Bougoumou on the health effects of exposure to mine tailings.

Summary Report: <https://collections.banq.qc.ca/ark:/52327/2407589>

Technical Report: <https://numerique.banq.qc.ca/patrimoine/details/52327/2409296>



6. Health risk of methylmercury in fish in Eeyou Istchee

2024

Concordia University

This study examines potential health risks from methylmercury exposure through fish consumption in Eeyou Istchee. It found that there is no hazard for the consumption of all fish species and sizes for children. For adults, lake trout and walleye consumption were of concern, as well as pike for adult men. Compared to previous studies, the methylmercury in fish tissues had increased around newer reservoirs (ex., Eastmain-1/1-A Reservoirs), but declined in older reservoirs (ex., the Robert-Bourassa Reservoir) except for the Opinaca reservoir which although old, had increased methylmercury in fish tissues. Fish closer to the dams were more contaminated.

Contact: Dr. Anna Krupa, Department of Geography, Planning and Environment, Concordia University

Scientific article: <https://doi.org/10.1016/j.envres.2024.119797>

7. Exposure to metals and organohalogens associated with a traditional diet in Eeyou Istchee

2022

Toronto Metropolitan University

This study examines the exposure to metals and organohalogens associated with a traditional diet in Eeyou Istchee. The traditional foods studied included bear, beaver, caribou, duck, goose, moose, grouse, hare, and walleye. Of the species examined, ducks were of concern for potential carcinogenic risk to boys, women and men and geese, to a lesser extent, could cause a risk to men. Overall, however, the hazard or risk of exposure to metals and other organohalogens from the traditional foods in the study region was encouragingly low. A follow-up study is currently taking place in Ouje-Bougoumou.

Contact: Robert J. Moriarity, Toronto Metropolitan University - rob.moriarity@ryerson.ca
Eric Liberda (Co-PI), Toronto Metropolitan University - eric.liberda@torontomu.ca

Scientific article: <https://doi.org/10.1016/j.envres.2024.119797>

Ongoing study in Ouje-Bougoumou: <https://www.torontomu.ca/foodsecurity/projects/traditional-dietary-exposure-contaminants-ouje-bougoumou-cree/>



Traditional Foods & Climate Change

8. WECLIFS: Wildlife, Environmental Change, and Local Indigenous Food

Systems *McGill University*

2021

This was a multi-year research project on Wildlife, Environmental Change, and Local Indigenous Food Systems (WECLIFS) in Eeyou Istchee and Nunavik led by McGill University. It includes a thorough overview of the scientific literature on observed and anticipated impacts of climate change on 32 key animal food species (terrestrial, freshwater, marine) in Eeyou Istchee and Nunavik. These include Canada Goose, Ptarmigan, Moose, Caribou, Sturgeon, Pike, Walleye, Arctic char, polar bear, seal, and mussels.

Contact: Manuelle Landry-Cuerrier & Murray M. Humphries, Department of Renewable Resource Management, McGill University - manuelle.landry-cuerrier@mail.mcgill.ca

WECLIFS website: <https://www.weclifs.net/home>

Report on environmental changes and their projected impacts on 32 key species: <https://drive.google.com/file/d/1gvmkco81EFVqOm7n6zeuRwex4m17HYli/view>

9. The Tundra Nunavik project *Université du Québec à Rimouski*

2018

A 2018 study focused on modelling climate, species range distributions, trophic interactions, and the vulnerability of terrestrial ecosystems to climate change in northern Quebec. They look at species range shift in mammals and birds and created interactive maps covering coastal and northern Eeyou Istchee and Nunavik, starting at the 50th parallel. Note: Select the Species Distribution tab. Caribou is noted as Reindeer; Canada goose is not included.

Contact: Dr. Dominique Berteaux, Department of Biology, Chemistry, and Geography, Université du Québec à Rimouski - dominique_berteaux@uqar.ca

Interactive map of species range shift with climate change: <https://ahasverus.shinyapps.io/bioclimaticatlas/>

10. Food Sovereignty and Climate Change Fact Sheets

2026

Cree Health Board (CBHSSJB), Cree Nation Government (CNG)

Factsheets summarizing the cultural importance and nutritional benefits of 13 key species of traditional foods (plants and animals). It also includes a section on the observed and projected impacts of climate change on the species.

Contact: Haylee Petawabano Haylee.Petawabano@ssss.gouv.qc.ca

Pernilla Talec Cree Nation Government, Climate Change Unit Cree Nation Government - ptalec@cngov.ca

Fact Sheets: