



STARTS
SEPT
2023



REGENERATIVE AGRICULTURE

Many of us have lost our traditional ways around food. Food Sovereignty and our ability to take control over our food, is so important to make sure our children do not lose the traditions of the past. We are hoping this course will build capacity in our communities because we have always known that Food is Medicine.

—Elder

FOOD SOVEREIGNTY MICRO-CREDENTIAL

- A **3 week course delivered remotely** through video conference in Sept/Oct, with 2 additional weeks of practicum during September 2023.
- Are you interested in learning skills to **improve access to locally grown food** and develop a food Sovereignty work plan for your community.
- This course will give you the skills to build a Food Sovereignty program using the community development approach. You will learn about hosting a **learning circle**, explore the various successful **food action projects, develop a proposal, work plan, secure funding** while understanding the importance of partnerships and communications.
- In addition to all the community planning, students will develop **practical skills in vegetable and greenhouse production** using regenerative agriculture principles.
- This course will make you marketable as there is an **rising demand for Food Sovereignty workers** in communities.



**THOMPSON
RIVERS
UNIVERSITY**
**WILLIAMS
LAKE**

For more information or help with registration contact
Gillian Watt, Program Coordinator
gwatt@tru.ca or call 250 319 2367



Schedule for Food Sovereignty Micro-Credential September / October 2023

**\$1450
PER
STUDENT**

Sept 11	Location: Skeetchestn Indian Band (Savona, BC) Orientation and Overview of Food Sovereignty Micro-Credential Laura Kalina, Dietitian & Food Sovereignty Lead, Q'wemtsín Health Society Tiffany Hunko, graduate, TRU Sustainable ranching, producer and entrepreneur <i>Topic covered:</i> <ul style="list-style-type: none">• What is food Sovereignty and household food insecurity• Food Systems approach and Traditional food ways• Healthy Eating with Nutrient Dense whole foods• Successful Community Food action programs• Coordinating and supporting teachings in hunting, fishing and wildcrafting
Sept 12	Skeetchestn field practicum led by Tiffany Hunko
Sept 13	Morning: Skeetchestn Afternoon: Simpc field practicum led by Fred Fortier , Gardener, Medicine Maker and owner of Uncle Freddy's Hot House and Nursery (602 Dunn Lake Road, Barriere)
Sept 14	Classroom presentation at Elder House with Laura Kalina and Fred Fortier <ul style="list-style-type: none">• Community Development Approach and conducting a Needs Assessment in your community• How to set up a Learning circle• Planning your community food action program by developing a workplan, budget, staff and volunteer recruitment, communication plan and much more!
Sept 15	Simp field practicum led by Fred Fortier
Sept 18–22	Off
Sept 25	Tk'emplúps te Secwépemc (Ttes)—Food Sovereignty programs hosted by Shelaigh Garson, Ttes Food Sovereignty Coordinator 4:30pm Interior region Indigenous Food Forum Dinner —Ttes Pow wow grounds Register: https://www.eventbrite.ca/e/interior-region-indigenous-food-forum-2023-tickets-642258230657?aff=oddtcreator
Sept 26	Interior Food Forum <i>continued</i>
Sept 27	Ttes Greenhouse, Berry walk, Kweelken kitchen, QHS Healing Garden
Sept 28 & 29	Kamloops Food Policy and Partners programming, tour of Gardengate Mount Paul Food Centre, Community Gardens, STIR, Gleaning Abundance program
Sept 30–Oct 1	Weekend off— Kamloops Farmers Market on Saturday September 30; Kweelken Farmers Market on Sunday October 1.
Oct 2–6	Simp Continuation of Field practicum led by Fred Fortier , traditional food and medicine walk, evenings of cooking and sharing stories.
Oct 24	Online wrap-up hosted by Laura Kalina , student presentations, workplan review, sharing of learnings and next steps, Student feedback and Evaluation.

Camping and cooking facilities are available during field practicum at Skeetchestn and Simpc. This will be a time of sharing, cooking and eating together, and reflecting on the stories and lessons learned. There is no cost for camping for sharing of food expenses.

Accommodations will be needed for the field practicum at Ttes and Interior Indigenous Food Forum (Kamloops).

REGISTRATION LINK...

<https://www.tru.ca/trades/continuing-studies/course-registration.html>

Please type in **"Food"** in the Find your course box for the course to drop down for registration.