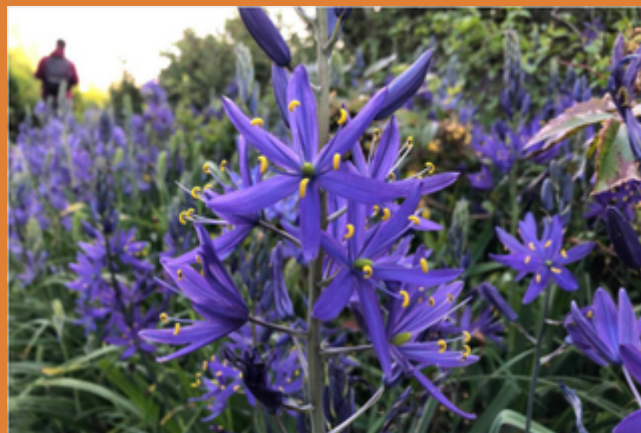




### W̱SÁNEĆ Youth Revitalize Ancient Practice of Sx̱OLE / Reef Net Fishing

For the second summer in a row, W̱SÁNEĆ Youth made and launched a historically accurate Reef Net at Sx̱ḻṯE, a traditional reef net site. Photo of the 2021 Youth Reef Net Project, Courtesy of Paul Michael Petrie Abo...

W̱SÁNEĆ Leadership Council / Sep. 29, 2021



### Garry oaks, camas reveal agricultural impacts of colonialism on Vancouver Island

Lekwungen food expert Cheryl Bryce looks to raise awareness of traditional food systems

Victoria News / Sep 25, 2021



**Flourish!**

School Food Society



Scan for  
resources

## Orange Shirt Day Special Menu

Beef Chilli  
Bannock  
Smoked Salmon

Our beef chilli is a recipe provided by Indigenous Chef Jared Qwustenuxun Williams.

Bannock is provided by Bangin Bannock.



### The Clam Garden Restoration Project

The Clam Garden Restoration Project has reclaimed W̱SÁNEĆ knowledge, improved ecosystems and...

W̱SÁNEĆ Leadership Council / Mar 10, 2020



### The dark history of Canada's Food Guide: How experiments on Indigenous children shaped nutrition...

Nutritional experiments were performed on intentionally malnourished Indigenous children in residential schools in the 1940s and '50s. These experiments are directly connected to Canada's Food Guide, explained...

CBC

# Feeding Truth

Separating Indigenous communities from their traditional cultural foods has long been a powerful tool of colonization. We are delighted to see local Nations across our region reestablishing important food ways like: camas harvesting, clam gardens and reef net fishing (among others).

We have compiled a few resources to support school staff in learning about the ways in which local First Nations are reestablishing connections to their traditional food ways, please visit [www.flourishschoolfood.ca](http://www.flourishschoolfood.ca) to learn more.

We also want to take this time to share a hard truth about school food programs. Residential schools ran government funded experiments, which included deliberate, sustained malnourishment of children. These experiments were so severe that they caused the death of many Indigenous children. These experiments were a key part in establishing Canada's Food Guide.

For a digital version of this poster with clickable links, visit:

[www.flourishschoolfood.ca](http://www.flourishschoolfood.ca)