



**NORTH ATLANTIC FORUM  
RESEARCH SUMMARY**

# From Colonial Challenges to Community Solutions: Transforming Food Insecurity in Ktaqmkuk

*This document summarizes a presentation delivered by Natasha Pennell (MUN), Chief Rhonda Sheppard (St. George's Indian Band), and Chief Jasen Benwah (Benoit First Nation) at the 2024 North Atlantic Forum Conference held in Letterfrack, Ireland in June 2024.*

## KEY MESSAGES OF RESEARCH

This research is part of a partnership between Memorial University of Newfoundland's Grenfell Campus and Mi'kmaw communities in Nujiq'oniq (Bay St. George) to understand and address food insecurity in the region.

- ❑ Indigenous people are more likely to experience food insecurity than the general population in Canada (34% vs 22.9%)
- ❑ Colonization negatively impacted Indigenous food systems by forcing a transition from eating nutrient rich wild foods to eating processed market foods, as well as creating a reliance on a market economy and deteriorating traditional hunting and harvesting
- ❑ Food insecurity is an important issue to rural Indigenous communities in Ktaqmkuk and the chiefs of two communities in Bay St. George have been working hard to address this issue.
- ❑ In Chief Rhonda Sheppard's community, there are several initiatives to combat food insecurity, including: attempts to start a food bank, partnering with a community garden, bringing youth together to talk about healthy, local foods in schools, and starting a community freezer and greenhouse
- ❑ In Chief Jasen Benwah's community, there are the following initiatives to combat food security: a community garden, food hampers for struggling families, a food bank, and the beginnings of a greenhouse and medicine garden

## IMPACTS FOR RURAL COMMUNITIES

- ❑ There is a need for policies at all government levels to address food insecurity and support the local band's initiatives, including initiatives focused on growing & food production, harvesting & acquisition, food preparation, and distribution & exchange
- ❑ Some challenges to addressing food insecurity include limited funding, challenges with hunting/trapping/fishing rights, and many levels of government bureaucracy that dismisses local histories and does not value small scale farming

## FURTHER INFORMATION

Further information on this research can be found on the [North Atlantic Forum website](#).

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