

# Building Indigenous Foodscapes

## From the Ground Up

### F2S Project VISION

"To incorporate native plants and traditional food knowledge in the minds, hearts and bellies of children and youth"<sup>1</sup>

### F2S (Farm to School)

Works with the community to bring healthy and local foods into schools<sup>1</sup>

### IMPORTANCE

To promote Indigenous ways of knowledge by emphasizing learning that is interconnected and engaged with nature<sup>2</sup>

### OUR ROLE

Document assets and needs of 2 elementary schools in the Vancouver region

1

ATTEND SCHOOL TOURS

2

RECORD ASSETS AND NEEDS

### WHAT WE DID

3

ORGANIZE COLLECTED DATA

4

CREATE MULTIMEDIA REPORT

### Thunderbird Elementary

### Grandview Elementary

### WHAT WE FOUND

#### Salmonberry<sup>3</sup>

- Medicinal uses
- Berry identification

#### Fireweed<sup>6</sup>

- Medicinal uses
- Jams and jellies

#### Oregon Grape<sup>4</sup>

- Arts & Crafts
- Fruit picking

### Plant Needs

#### Strawberry<sup>7</sup>

- Berry identification
- Medicinal uses
- Fruit picking

#### Indian Plum<sup>5</sup>

- Medicinal uses
- Harvesting times

#### Nodding Onion<sup>8</sup>

- Arts & Crafts
- Medicinal uses

### Infrastructure Needs

- Water Source
- 3 New Garden Beds

- Increase Signage
- Repair Wooden Planters

### BIGGER PICTURE

- Help F2S allocate funding and resources to elementary schools
- Promote food literacy by reaching and benefiting as many students as possible

### NEXT STEPS

- F2S allocates funding to participating elementary schools based on the reports we provide
- Elementary schools will use funding towards building or repairing garden beds, planting native plants and building infrastructure

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5. VanNatta, R. P. (n.d.). Indian plum. Retrieved from <http://www.vannattabros.com/plant41.html>

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