



Did you know that...

Individuals and communities have the right to voice their opinions and participate with local governments in decisions and actions that affect their right to food.

Some facts about my country

There are about 31 million people living in Canada. It is a wealthy and food-secure country.

Yet, one in ten people - 3 million Canadians - were living in poverty in 2001.

Three out of every four Canadians believe that hunger is a problem in their country.

Over 800 thousand Canadians received food aid in one month in 2005. About 330 thousand of them were children and young people.

People most likely to be poor and food-insecure in Canada are single mothers and their children, disabled people, unemployed and aboriginal people.

About one million Canadians are aboriginal. Most of them have moved to towns and cities, where their traditional lifestyles and diets are adapting to city living.

The Canadian Constitution Act, 1982, recognizes and reaffirms the existing Aboriginal and treaty rights of the Aboriginal peoples of Canada.

To improve food security for all Canadians, many cities and towns adopted Food Charters, built on Canada's international commitment to the human right to food.



Read our story to find out...

How taking away our land took away our ways of getting food.

What community action is all about.

How a Food Charter improved our access to food.

Finding Ancient Arrowheads



Finding Ancient Arrowheads



arrowhead: the pointed end of an arrow, usually made from stone or metal

trapper: a person who sets traps for animals in order to get meat or fur



We followed the animal tracks and trapped along their trails... We would walk for miles and miles every day just to check our trap lines.



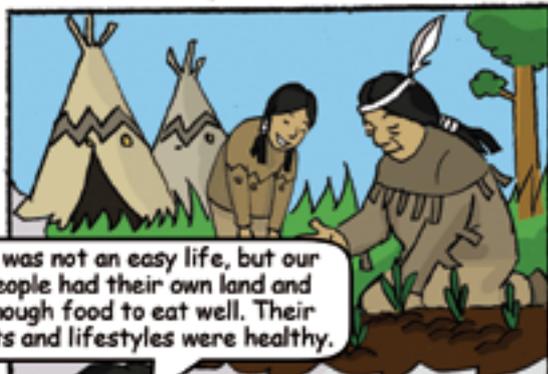
And even though many people used guns, he taught me to hunt with a **bow and arrow**. He felt it connected us to our past, to our **ancestors**.



He taught me all the best places to fish. We ate berries and other wild fruits.



When my grandpa was a boy, they had small gardens in the **fertile** land close to the river. If the river flooded, they just camped further away.



It was not an easy life, but our people had their own land and enough food to eat well. Their diets and lifestyles were healthy.



I suppose people were in good shape if you had to walk for miles just to try to find your food.



Well, by the time I grew up, many of those ways were changing... No more buffalo, the beaver were gone, we could not hunt and we had to live on land that was not good for growing food.

bow and arrow: a weapon used for hunting or sport

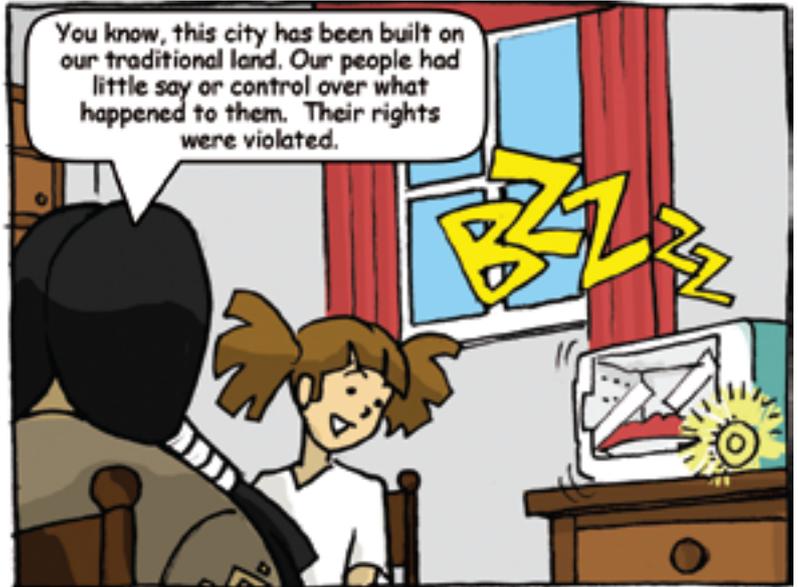
ancestor: those from whom we are descended: parents, grandparents, etc

fertile: land which is capable of growing healthy plants

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The changes came so quickly, some could not keep up. We lost our land which meant we lost our ways of earning a living and getting food.



You know, this city has been built on our traditional land. Our people had little say or control over what happened to them. Their rights were violated.



But this is changing. The government is listening and working with us to ensure that our rights are respected and protected.



So we will be able to hunt again?

Well, probably not, but we could fish and at least have some land back to grow food on. It will give us a chance to adapt our traditional ways to modern times.



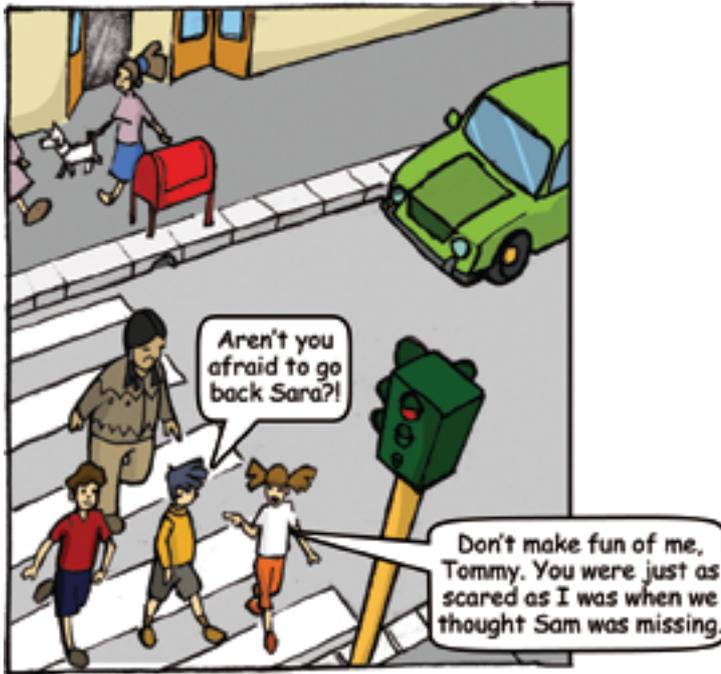
I really hope you will discover how good wild strawberries taste when you pick them from a plant.

Well, thanks for lunch, anyway.



You know, I would like to look at the place where you found this.

Sure! It is really close. We could walk there now.



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food charter: a document to improve people's access to food created by citizens, communities and local governments



food security: when all people can always get the food they need for an active and healthy life

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recycling: the collection of waste products and packaging so that it can be re-used

organic material: things that come from plants and animals

So, what do YOU think?



Have you thought about...

in what ways Grandpa's life has changed over the years?

how a Food Charter can improve life for Tommy, Sara and others in their community?



Is it fair that...

people in many countries around the world are forced from their lands and their rights not respected?

people should have a say in actions that affect their right to food?

native populations and cultures receive special protection?



Everyone can do something

Start a community or a school garden or join others who are already doing that.

