

# COVID-19 UPDATE

## On-line Resources for Indigenous Communities – Food and COVID-19

The COVID-19 pandemic is impacting Indigenous communities in many ways, including with regards to food. Concerns can be wide ranging from how to safely shop and prepare food to minimize the transmission of COVID-19, to having access to enough healthy food for families and communities.

It is important that Indigenous communities have easy and fast access to trustworthy, factual, and effective resources to support their health and wellness during this challenging time. Below is a list of food related resources which are targeted at or are relevant to Indigenous communities.

This list will be updated as more resources are identified and become available.

### **Food Security – Related Supports and Funding**

#### **Food Banks Canada**

Food Banks Canada is a network of Provincial Associations and their approximately 650 affiliated food banks. The [Food Bank Finder](#) allows searchers to locate their local food bank so that they can contact them and see what food resources and support they are able to offer during the COVID-19 pandemic. (See website: <https://www.foodbankscanada.ca/utility-pages/find-a-food-bank.aspx>)

#### **National Association of Friendship Centres (NAFC)**

The NAFC represents 107 Friendship Centres and Provincial/Territorial Associations across Canada which provide culturally appropriate services for Indigenous people living in urban centres. Some Friendship Centres operate food banks/cupboards, or related supports, and there is a database on the NAFC website which allows a geographic search of Friendship Centres in a given area. (See website: <https://www.nafc.ca/>)

#### **Tungasuvvingat Inuit (TI)**

TI is an Inuit-specific, provincial service provider that provides social support, cultural activities, counselling and crisis intervention as a one-stop resource centre to meet the rapidly growing, complex and evolving needs of Inuit in Ontario. TI operates a food bank in partnership with the Ottawa Food Bank, including during the COVID-19 pandemic. (See website: <https://www.tungasuvvingatinuit.ca/>)

#### **Breakfast Club of Canada (BCC)**

BCC is a non-profit organization which provides funding support for breakfast programs as a way to promote food security among school-age children, and to foster improved academic success. BCC is issuing special grants for community organizations, including in Indigenous communities, during the

COVID-19 pandemic. (See website: <https://www.breakfastclubcanada.org/covid-special-grant-application/>)

### **President's Choice Children's Charity**

President's Choice Children's Charity school grants provide funding to deliver nutritious food as well as funding up to \$10,000 annually for food-based education programs including cooking classes, farm tours, dietitian services, or equipment like green houses, growing towers, and composting systems. (See website: <https://www.pcchildrenscharity.ca/grants-for-school-nutrition/>)

### **Canadian Feed the Children (CFTC)**

CFTC is a non-profit organization which focuses on projects supporting children in community-led approaches that focus on food security, capacity building, and education. (See website: <https://canadianfeedthechildren.ca/>)

### **Community Food Centres Canada (CFCC)**

CFCC is a non-profit organization which provides ideas, resources and helps partner organizations across Canada so they can establish responsive, financially stable Community Food Centres. These centres work to bring people together to grow, cook, share, and advocate for good food. CFCC also provides a Good Food Access Fund to help provide emergency relief for the most vulnerable populations, including children, single parents, Indigenous peoples, seniors, and those on disability supports. (See following websites: <https://cfccanada.ca/> and <https://goodfoodorganizations.ca/>)

### **First Nations Health Authority (FNHA)**

The FNHA in British Columbia has developed "Planning for Food Security – A Toolkit for the COVID-19 Pandemic". This resource includes ideas, templates, tools and information to support short, medium and long term planning.

(See website: <https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-Planning-for-Food-Security-A-Toolkit-for-the-COVID-19-Pandemic.pdf>)

## **Government of Canada's COVID-19 Economic Response Plan**

### **General Overview**

The Government of Canada's COVID-19 Economic Response Plan provides a range of economic supports for individuals, businesses and sectors. Indigenous Peoples are eligible for these supports. (See website: <http://www.canada.ca/en/department-finance/economic-response-plan.html>)

### **Indigenous Community Support Fund**

The COVID-19 Economic Response Plan provides \$305 million a new, distinctions-based Indigenous Community Support Fund to address immediate needs in First Nations, Inuit and Métis communities. This funding is also providing support to regional, urban and off-reserve Indigenous organizations. Funds can be used for a wide range of measures, including measures to address food insecurity. (See following websites: <https://www.sac-isc.gc.ca/eng/1585189335380/1585189357198> and <https://www.sac-isc.gc.ca/eng/1584819394157/1584819418553#b>)

### **Increasing the Canada Child Benefit**

This funding provides up to an extra \$300 per child through the Canada Child Benefit (CCB) for 2019-20. This benefit will be delivered as part of the scheduled CCB payment in May 2020. Those who already receive the CCB do not need to re-apply.

(See website: <https://www.canada.ca/en/department-finance/economic-response-plan.html>)

### **Nutrition North Canada (NNC) - Retail Subsidy being expanded and updated**

To address growing concerns about food security and affordability related to the COVID-19 pandemic, this funding provides an additional \$25 million to Nutrition North Canada to extend the list of perishable and non-perishable items subsidized when shipped by air to all 116 Nutrition North Canada eligible communities from now until March 31, 2021.

(See website: <https://www.nutritionnorthcanada.gc.ca/eng/1415385762263/1415385790537>)

### **Nutrition North Canada (NNC) Harvesters Support Grant**

The Harvesters Support Grant promotes access to traditional foods by reducing the high costs associated with hunting and harvesting. It provides \$40 million over 5 years, and \$8 million per year ongoing, to Indigenous governments and organizations representing eligible Nutrition North Canada communities.

(See website: <https://www.nutritionnorthcanada.gc.ca/eng/1586274027728/1586274048849>)

## **Healthy Eating Tools, Information and Resources**

### **Dietitians of Canada**

The Dietitians of Canada website provides advice related to COVID-19 on nutrition, supporting immune system, nutrition during self-isolation and breastfeeding, among other topics.

(See website: <https://www.dietitians.ca/News/2020/Advice-for-the-general-public-about-COVID-19>)

### **Government of Canada**

Through the **Food and Nutrition** webpage, can link to a broad range of reliable information, including on:

- **Canada's Food Guide**, including advice and tips on healthy food choices, healthy eating habits, and many recipes. (Web link: <https://food-guide.canada.ca/>)
- **COVID-19 and Food Safety**, including safe food practices and shopping. Note, scientists and food safety authorities around the world are closely monitoring the spread of COVID-19. **There are currently no reported cases of the virus being spread through food.** (Web link: <https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/covid19.html>)

### **Canada Food Inspection Agency (CFIA) information on COVID-19**

CFIA is the federal agency dedicated to safeguarding food, animals and plants, to enhance the health and well-being of Canada's people, environment and economy. CFIA is currently working to address the challenges and concerns raised by industry and consumers regarding COVID-19, and has provided COVID-related information on its website.

(See website: <https://www.inspection.gc.ca/covid-19/eng/1584729805758/1584729899016>)

## **Food Security Promising Practices (during COVID-19 and beyond)**

### **ClimateTelling**

This is an Indigenous community portal for climate change and health. It includes information on climate change adaptation initiatives related to food and food security, which are funded through Indigenous Services Canada's Climate Change and Health Adaptation Program.

(See website: <http://www.climatetelling.info/food-security.html>)

### **Nuluaq Inuit Community Based Food Initiatives Mapping Project**

**Inuit Tapiriit Kanatami (ITK)**'s website includes information on community-based initiatives (including food banks) that play a role in addressing food security in Inuit Nunangat, as well as potential funding resources. (See website: <https://www.itk.ca/nuluaq-mapping-project/>)

### **National Indigenous Diabetes Association (NIDA): Indigenous Communities, Food and Covid-19**

NIDA is gathering examples of communities, organizations, grants, etc., to share models of food security and caring for community, including both existing practices and how communities are coming together during the COVID-19 pandemic.

(See web link: [http://nada.ca/?page\\_id=3200&fbclid=IwAR1Oii5BfsATp42JnYnCOQK3pT42KtOu](http://nada.ca/?page_id=3200&fbclid=IwAR1Oii5BfsATp42JnYnCOQK3pT42KtOu))

### **Food Secure Canada (FSC)**

FSC is a pan-Canadian alliance of organizations and individuals working together to advance food security and food sovereignty through three inter-related goals: zero hunger, healthy and safe food, and sustainable food systems. Its website includes links to Indigenous networks, partnerships and best practices, such as the Northern Food Network and the FSC Indigenous Circle.

(See website: <https://www.foodsecurecanada.org>)

## **Healthy Living and Other Links, Supports and Services**

### **National Indigenous Diabetes Association (NIDA) - COVID-19 and Diabetes Resources**

NIDA is a clearinghouse of information and resources on diabetes among Indigenous peoples. Its webpage on COVID-19 includes a wide range of healthy living resources, including related to food, exercise and physical and mental wellness. (See web link: [http://nada.ca/?page\\_id=3172](http://nada.ca/?page_id=3172))

### **Diabetes Canada – COVID-19 and Diabetes**

Diabetes Canada has a dedicated webpage on information and resources related to diabetes and COVID-19. (See web link: [https://www.diabetes.ca/campaigns/covid-19-\(coronavirus\)-and-diabetes](https://www.diabetes.ca/campaigns/covid-19-(coronavirus)-and-diabetes))

### **Assembly of First Nations (AFN)**

The AFN has extensive information and resources specific to COVID-19 on its website, including a fact sheet on the impact of commercial tobacco use and COVID-19.

(See the following web links: <https://www.afn.ca/coronavirus/>;

[https://www.afn.ca/wp-content/uploads/2020/04/CoronaVirus\\_Factsheet\\_\\_Tobacco\\_ENG.pdf](https://www.afn.ca/wp-content/uploads/2020/04/CoronaVirus_Factsheet__Tobacco_ENG.pdf))

**Inuit Tapiriit Kanatami (ITK)**

The ITK has information on funding, supports, and resources, infographics (including on safe food handling and shopping) and other publications related to COVID-19. (See the following web links: <https://www.itk.ca/what-we-do/covid19/>; <https://www.itk.ca/covid19-infographics/>)

**Métis National Council (MNC)**

MNC`s website includes a daily message on COVID-19 by the Manitoba Métis Federation on what the Manitoba Métis government is doing to support Métis citizens affected by the COVID-19 pandemic. (See web link: <https://www2.metisnation.ca/news/>)

**Native Women`s Association of Canada (NWAC)**

NWAC`s website includes information related to COVID-19 as well as toll-free telephone numbers for a team of in-house Elders who are available to provide support and help build resiliency during the pandemic. (See web link: <https://www.nwac.ca/covid19/>)