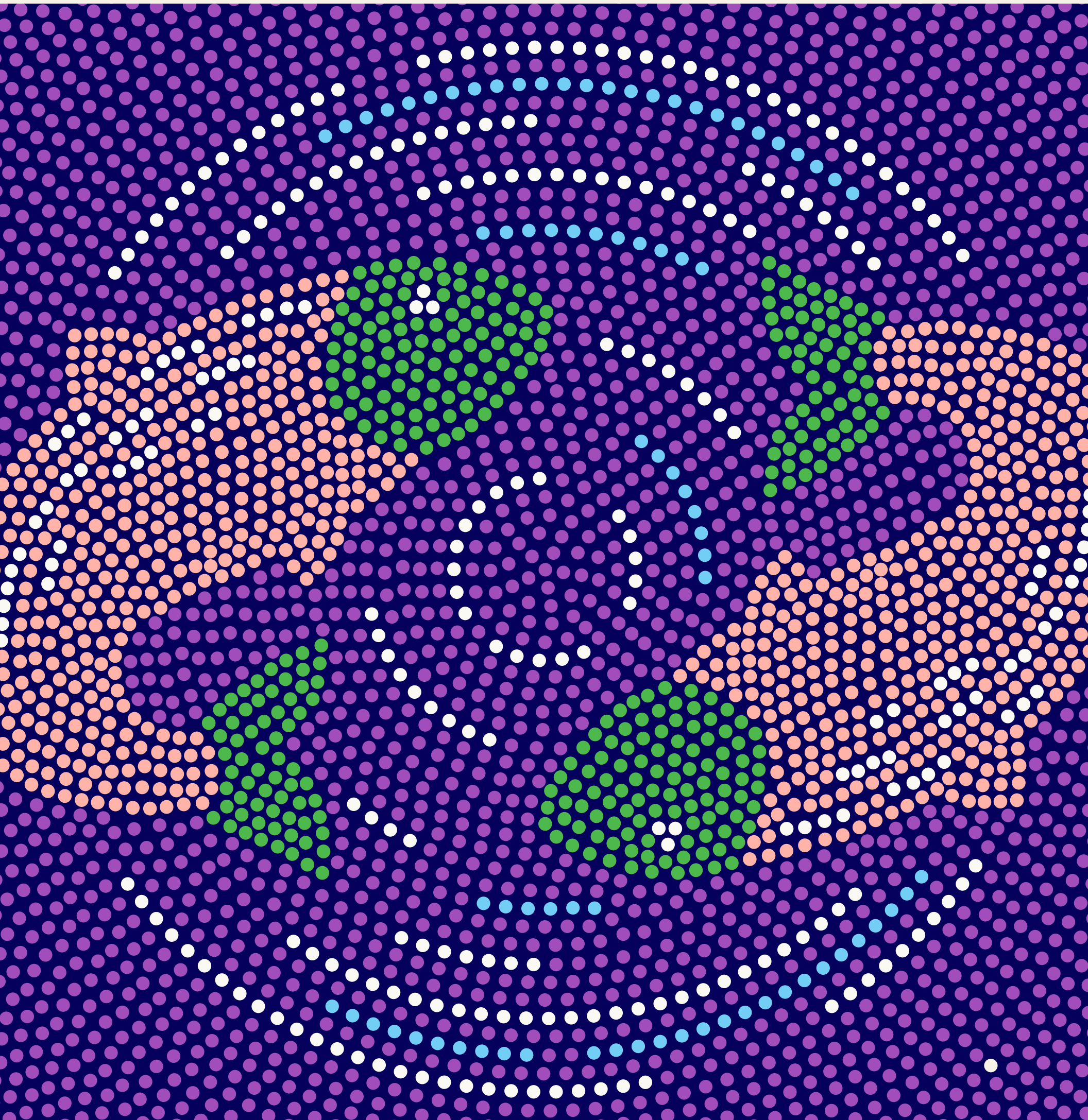


Food is Our Medicine



Food is Healing

“We didn’t have any of the illnesses of today because we ate all our seafood. It is full of the nutrients our body needs.”

– Margaret Edgars from Gaw Tlaagee Haida Gwaii (Haida Elder)

Food is fundamental to our well-being. Food is medicine. We invite you to join us on a Learning Journey about the power of Indigenous Foodways as a pathway to reconciliation and health.

Get involved:
NourishLeadership.ca



NOURISH

The future of food
in health care.