

## ABOUT THE PROGRAM

The CBEMP provides an opportunity for community members to share their preferences for traditional food types and sampling locations for testing. The initial CBEMP was completed in 2018, and in 2023 round two was initiated. The 2023 CBEMP was coordinated by Ya'thi Nene and CanNorth.

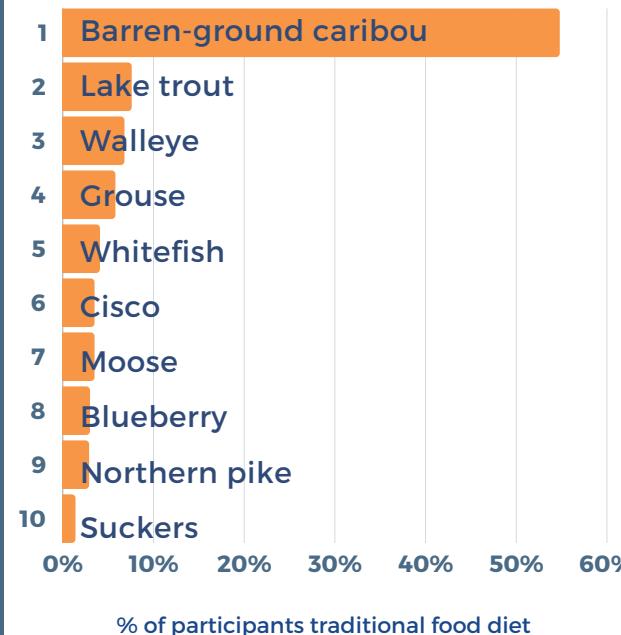
## COMMUNITY PARTICIPATION

Communities of the Athabasca region have valuable and extensive knowledge about the region. The CBEMP is founded on their shared knowledge and participation. The traditional food dietary surveys and harvest mapping allowed community members to identify the areas where research should focus.

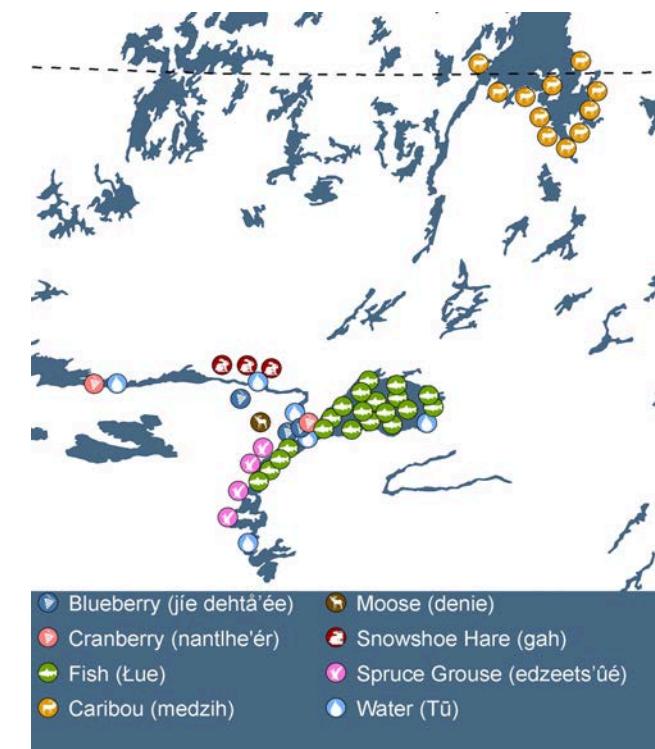
- ✓ Community members completed the interviews
- ✓ Interviews were confidential
- ✓ Mapping was completed by local residents
- ✓ Community members helped to collect and submit the samples
- ✓ Updates were provided to community members

## BRIDGING TRADITIONAL & SCIENTIFIC KNOWLEDGE

### TOP 10 TRADITIONAL FOODS EATEN



### TRADITIONAL FOODS COLLECTED



### RESULTS

In 2023, 100 residents of Black Lake Denesułiné First Nation and Stony Rapids were interviewed. Over half indicated that traditional foods make up the majority of their diet.

Chemicals in traditional foods collected during the 2023 CBEMP were similar to the 2018 results and were generally low and within the range for the region. The results show that traditional foods harvested in the area continue to be safe for community members to eat.

Water continues to be monitored and protected.

## DID YOU KNOW?

Gathering and eating traditional foods can help reduce the risk of diabetes, heart disease, and obesity, especially when the foods are cooked in traditional ways.

Fish are an important part of a healthy diet containing high-quality protein, Vitamin B, Vitamin D, omega-3 fatty acids, other essential nutrients.

Wild meat is a good source of protein that is low in saturated fat and is an important source of minerals, vitamins, and iron.

Health Canada created a tailored First Nations, Inuit, and Métis Food Guide that includes both traditional foods and store-bought foods (<https://www.canada.ca/en/health-canada.html>).

**HUNTING,  
FISHING,  
TRAPPING &  
GATHERING**

is good for physical health and social well-being.



### MARSI CHO!

Thank you to Ian Donald, Rick Robillard, and all participants in both communities for their hard work on the 2023 program!

For more information on the results or to request a copy of the report please talk to your local AJES representative.



CanNorth  
a First Nation-owned environmental services company

This project was managed by:



Ya' thi Néné  
Lands and Resource Office  
a non-profit organization owned by the Athabasca Basin communities

**Cameco**

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## 2023 FOOD STUDY BLACK LAKE DENESÜŁINÉ FIRST NATION AND STONY RAPIDS