

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.

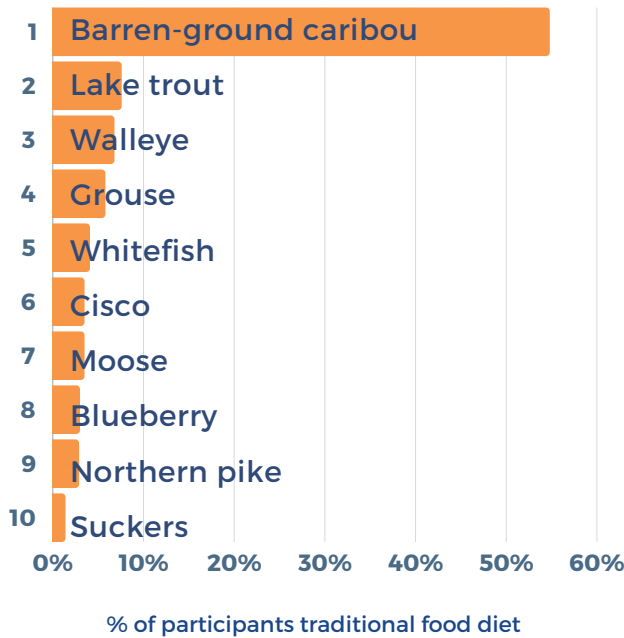
COMMUNITY PARTICIPATION

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.

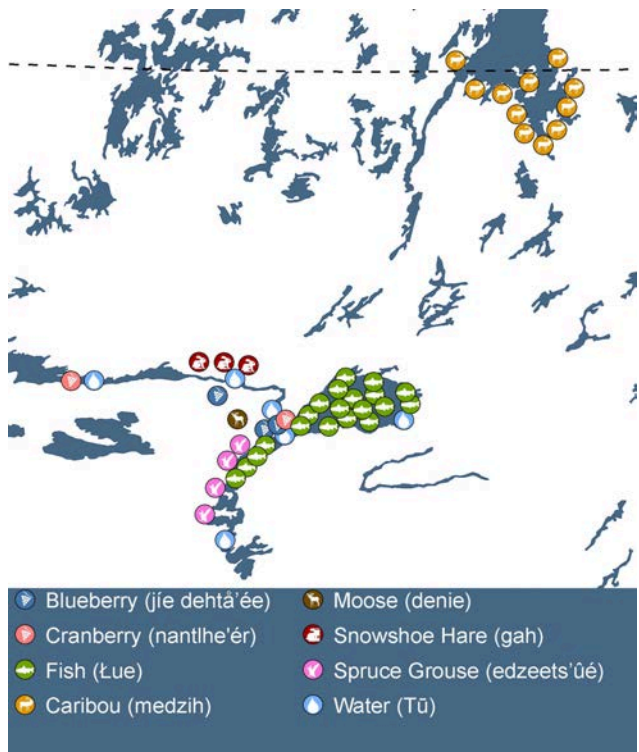
- ✓ Community members completed the interviews
- ✓ Interviews were confidential
- ✓ Mapping was completed by local residents
- ✓ Community members helped to collect and submit the samples
- ✓ Updates were provided to community members

BRIDGING TRADITIONAL & SCIENTIFIC KNOWLEDGE

TOP 10 TRADITIONAL FOODS EATEN



TRADITIONAL FOODS COLLECTED



In 2023,
100
residents of
Black Lake Denesųtiné
First Nation and
Stony Rapids were
interviewed.

Over half indicated that
traditional foods
make up the **majority**
of their diet.

RESULTS

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

Proud partners:



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COMMUNITY-BASED ENVIRONMENTAL MONITORING PROGRAM (CBEMP)



2023 FOOD STUDY BLACK LAKE DENESŪLINÉ FIRST NATION AND STONY RAPIDS