

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.

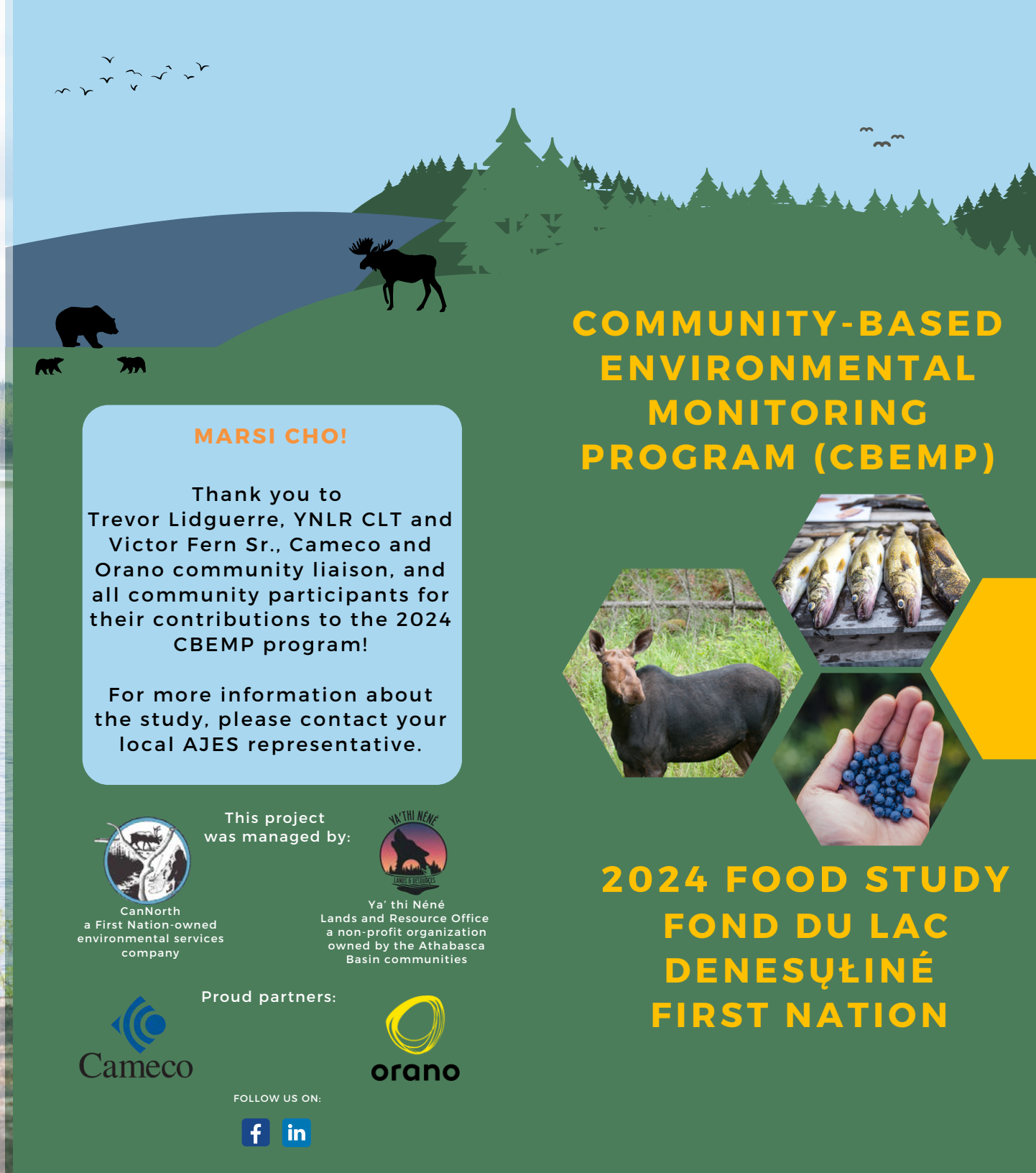
Fish are an important part of a healthy diet containing high-quality protein, Vitamin B, Vitamin D, omega-3 fatty acids, and other essential nutrients.

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
Trevor Lidguerre, YNLR CLT and
Victor Fern Sr., Cameco and
Orano community liaison, and
all community participants for
their contributions to the 2024
CBEMP program!

For more information about
the study, please contact your
local AJES representative.



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)



2024 FOOD STUDY FOND DU LAC DENESŪLINÉ FIRST NATION

ABOUT THE PROGRAM

The objective of the CBEMP is to ensure that traditional foods are safe for consumption and provides an opportunity for community members to share their traditional food preferences, sampling locations, and contribute samples for testing. The initial CBEMP was completed in 2019, and in 2024 round two was completed. The 2024 CBEMP was coordinated by Ya'thi Néné, Cameco, Orano, and CanNorth.

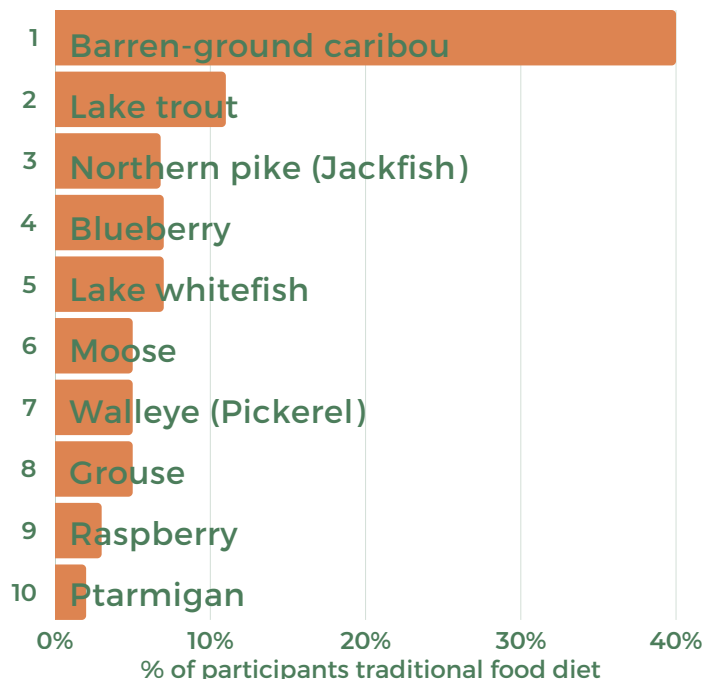
COMMUNITY PARTICIPATION

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 allow community members to identify the areas where the study 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



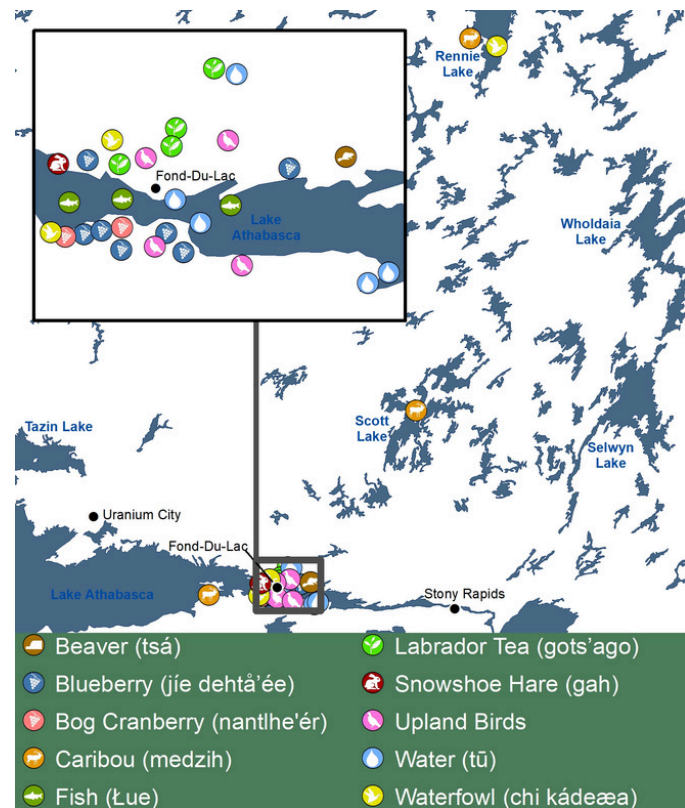
In 2024,
79

residents of
Fond du Lac Denesųtiné
First Nation were
interviewed.

99% said traditional
foods make up over **40%**
of their diet. Residents
ate an average of about
139 g* of traditional
foods daily.

*This is the same weight as 1 cup of flour.

TRADITIONAL FOODS COLLECTED



RESULTS



Chemicals in traditional foods collected during the 2024 CBEMP were similar to 2019 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.