

## COLLABORATIVE APPROACH

The CBEMP aims to be a co-learning process that promotes shared knowledge, skills, and engagement with the community. It provides an opportunity for community members to become involved in the program by participating in interviews and sampling traditional foods that they consume for testing.

## ENGAGEMENT

Communities of the Athabasca region have extensive knowledge and experience pertaining to the region and the northern environment. The CBEMP is founded on their shared knowledge and engagement. The traditional food dietary surveys and harvest mapping allowed community interviewers to identify areas that are highly valued by community members and where research should focus.

- ✓ Community translators were used for interviewers
- ✓ Interviews were confidential
- ✓ Mapping was completed by local residents
- ✓ Community members helped to collect and ship all of the samples
- ✓ Community meetings/updates were provided

In 2018, community liaisons interviewed

# 132

members of the Black Lake Denesuline First Nation and the Hamlet of Stony Rapids.

A key component of a successful CBEMP is that the project is completed by local residents.

## BRIDGING TRADITIONAL & SCIENTIFIC KNOWLEDGE

### TOP 10 TRADITIONAL FOODS EATEN

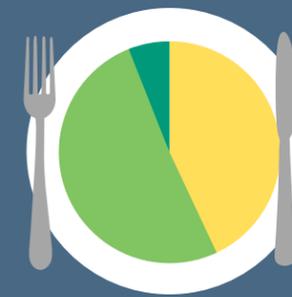
- 1 Barren-ground caribou (ætthëntthën)
- 2 Walleye (ełchoughe)
- 3 Spruce Grouse (dih)
- 4 Lake Whitefish (łú)
- 5 Lake Trout (łuezané)
- 6 Tullibee (betsúl tsaré)
- 7 Northern Pike (oulday)
- 8 Suckers (deldelleh)
- 9 Blueberries (tsątchóth)
- 10 Ptarmigan (k'ásba)

Sweet flag (rat root; dzën ni) was the most common medicinal plant consumed & is primarily used for cough, cold, flu, and toothaches.

Barren-ground caribou meat was consumed by all participants interviewed & made up almost

# 50%

of these communities' traditional foods diet.

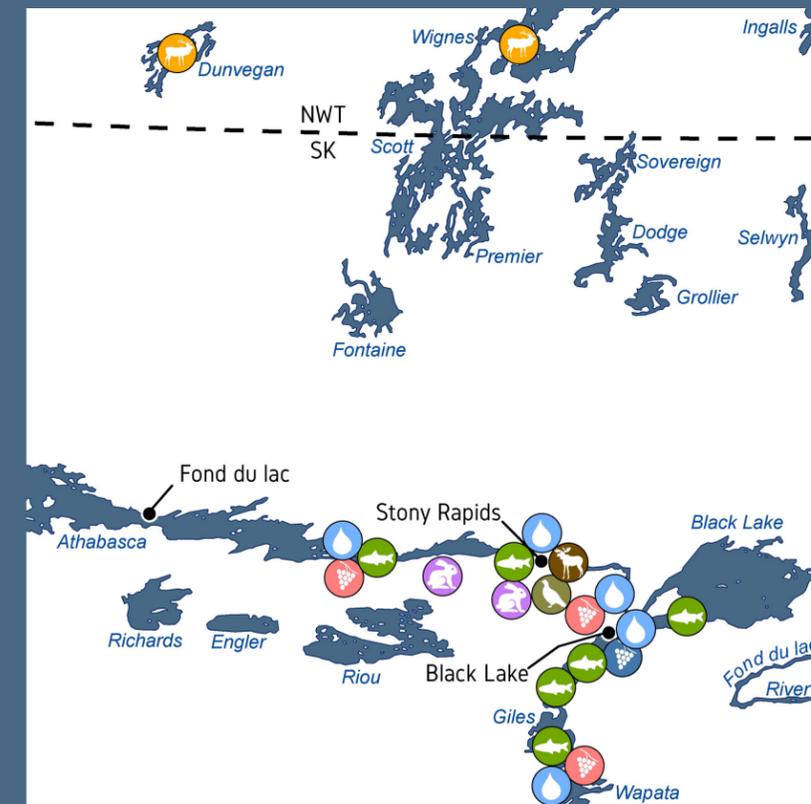


41-60%  
61-80%  
81-100%

### OVER HALF

of the people interviewed have diets of 61-80% traditional foods

### TRADITIONAL FOODS COLLECTED



- Blueberry (tsątchóth)
- Bog Cranberry (nanthe'ér)
- Barren-ground Caribou (ætthëntthën)
- Fish (łue)
- Moose (denitthën)
- Snowshoe Hare (gah)
- Spruce Grouse (dih)
- Water (Tū)

# CBEMP - HUMAN HEALTH RISK ASSESSMENT

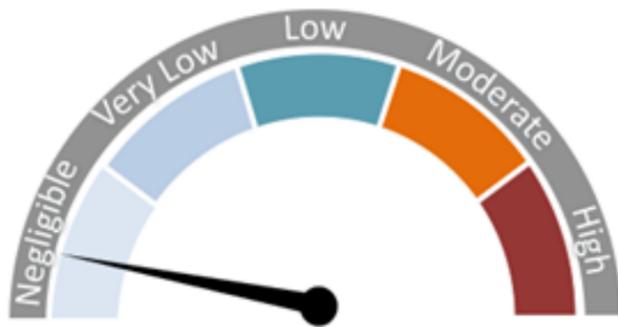


To quantify exposure and potential risks to people consuming traditional foods

## RESULTS

- Chemicals in traditional foods in Black Lake and Stony Rapids were generally low and within the range for the region

- Risk assessment demonstrated that there are negligible risks from eating traditional foods



- Grocery store bought food accounts for most of exposure to chemicals in the community

- Community members should continue to regularly eat locally harvested fish, wild game, berries and plants

**HUNTING, FISHING, TRAPPING & GATHERING**  
is good for physical health and social well-being!



## 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.

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

We would like to thank Mr. Rick Robillard, Mrs. Connie Mercredi and the communities of Black Lake and Stony Rapids for all their hard work on the project!

## MARSI CHO!



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:



# COMMUNITY-BASED ENVIRONMENTAL MONITORING PROGRAM



In 2016, the Ya'thi Néné Collaboration Agreement brought together seven Athabasca Basin communities, Cameco Corporation, and Orano Canada. Within the new agreement a commitment was made to sustain and enhance the community-based environmental monitoring program (CBEMP).

The 2018 CBEMP took place in Black Lake and Stony Rapids with a traditional food study.

The study focused on collecting information from community members on the traditional foods they consume. Community members also shared information on what locations are important to them and which traditional foods should be sampled.