

## 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 2020, community liaisons interviewed **100** members of Wollaston and Hatchet Lake Denesuline First Nation. Of those interviewed, 3/4 indicated that traditional foods are the **majority** of their diet.

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

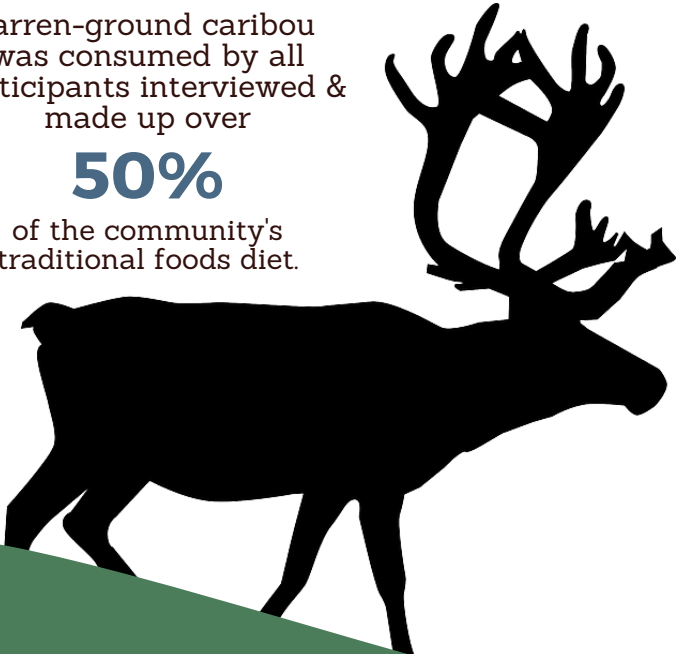
## BRIDGING TRADITIONAL & SCIENTIFIC KNOWLEDGE

### TOP 10 TRADITIONAL FOODS EATEN

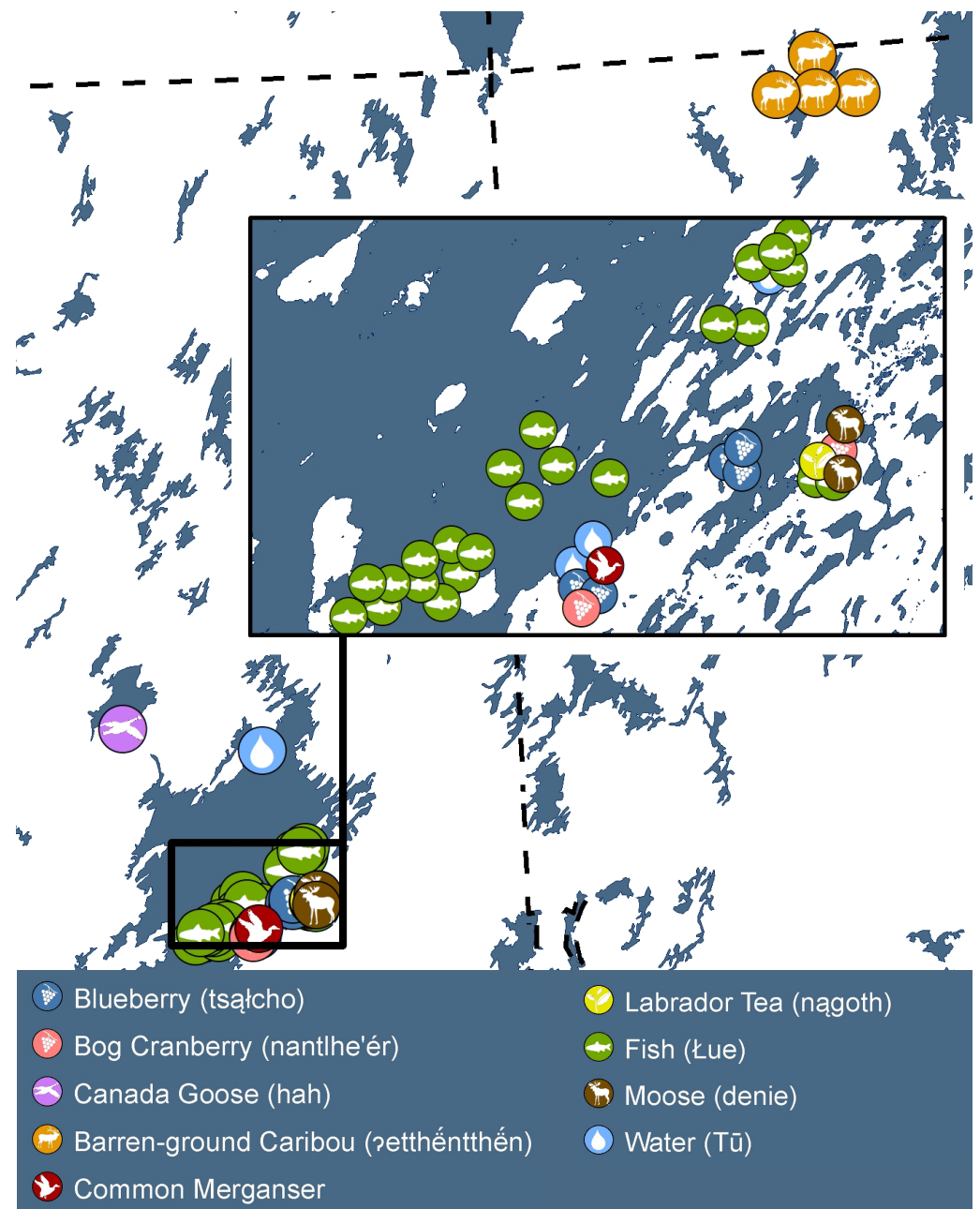


Sweet flag (rat root; dzēn ni) was the most common medicinal plant consumed & is primarily used for cough, cold, flu, and toothaches.

Barren-ground caribou was consumed by all participants interviewed & made up over **50%** of the community's traditional foods diet.

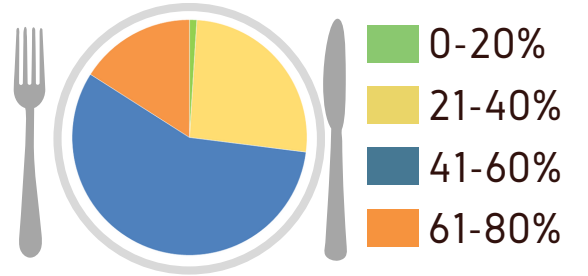


### TRADITIONAL FOODS COLLECTED



### OVER HALF

of the people interviewed have diets made up of at least 50% traditional foods



# CBEMP - HUMAN HEALTH RISK ASSESSMENT

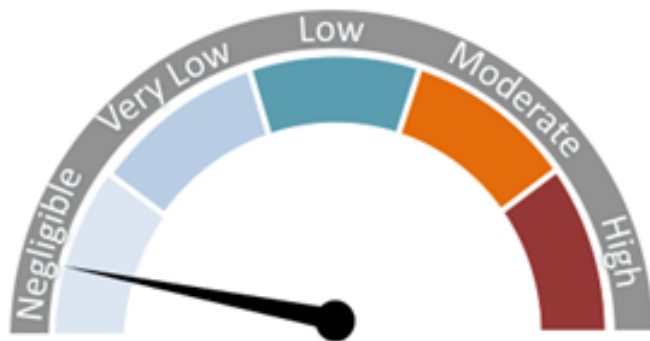


To quantify exposure and potential risks to people consuming traditional foods

## RESULTS

- Chemicals in traditional foods in Wollaston and Hatchet Lake Denesuline First Nation 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 Darlene Gazandlare, Juanita Hansen, Adam Benonie, George St. Pierre and the communities of Wollaston and Hatchet Lake Denesuline First Nation for all their hard work on the project!

**MARSI CHO!**

# 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 2020 CBEMP took place in Wollaston and Hatchet Lake Denesuline First Nation 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.



CanNorth  
a First Nation owned  
environmental services  
company

This project  
was managed by

FOLLOW US ON:



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