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**First Nations  
Food,  
Nutrition, and  
Environment  
Study  
(FNFNES)**

**BETTER INFORMATION FOR  
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**Information for First Nations**

**[www.fnfnes.ca](http://www.fnfnes.ca)**

## Why do this study?

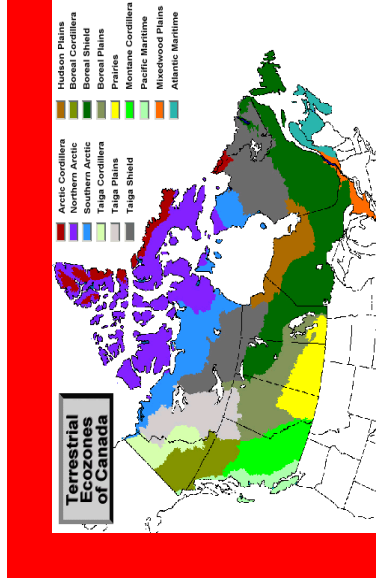
Over the past forty years, studies have been conducted among the Canadian population to understand changes in diets and to assess the environmental safety of foods. However, there is a gap in knowledge concerning the safety and the nutritional composition of many First Nation's traditional foods and diets. This study aims to address that gap.

Benefits in participating in this project include the opportunity to collect baseline data on traditional foods that until now has been unavailable to First Nations. This baseline data not only will help address the knowledge gap, but will be useful for future studies on food safety, security and water quality. In addition, employment opportunities will be available for community members as Community Research Assistants. Training in interview techniques will be provided.



## What does the study involve?

FNFNES aims to collect data from 100 randomly selected First Nation communities, south of the 60th parallel that are representative of each ecozone across Canada.



Using an ecozone sampling approach, this 10 year study aims to gather information about:

- The current use of traditional and store bought food;
- Food security issues;
- The amount and type of environmental contaminants found in traditional foods;
- The amount and type of trace metals found in household drinking water; and,
- The amount and type of trace metals pharmaceuticals and their metabolites found in surface water.



## How will the study be done?

There are 5 major components to this study:

- Household interviews on diet and life-style.
- Traditional food sampling for nutrients and environmental contaminants.
- Drinking water sampling for trace metals.
- Hair sampling for mercury exposure.
- Surface water sampling for pharmaceuticals and their metabolites.

This study uses a community-based participatory approach in the planning, implementation, interpretation, and communication of research results.

*In addition:* Methodology workshops will be held to obtain community input on the research methodology.

Community research agreements will be negotiated with each participant community.

Signed consent forms will be required from each interviewee prior to collecting data.

Community-based research assistants will be trained in interview techniques and will conduct the study.

Community and Regional workshops will be held to report back results.