

## Who We Are

This study is led by

Dr. Laurie Chan, University of Northern BC,

Dr. Olivier Receveur, Université de Montréal, and

Dr. Donald Sharp, Assembly of First Nations.



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

## Traditional Food Component

### FOR MORE INFORMATION, PLEASE CONTACT:

Judy Mitchell, FNFNES Coordinator

Phone: (250) 960-6708

Email: [fnfnes@unbc.ca](mailto:fnfnes@unbc.ca)

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

The FNFNES aims to collect information from 100 First Nation communities across Canada. One of the five components of the study is the **Food Sampling Component**.

The objectives of this component are to determine the levels of environmental contaminants in key food species and estimate intake of contaminants among First Nations.



## What types of food should be collected?

- Traditional foods that are:
  - often eaten in your community
  - considered important in your community
  - a concern in terms of environmental contaminants
- Foods that are prepared and preserved in different ways (fresh, frozen, cooked, smoked, dried, etc.).

## How much food should be collected?

- Thirty different types of food (Sample Type) are needed; see examples on checklist below.
  - Example: moose meat and moose liver are different food types
- Five samples of each food type are needed.
  - These 5 samples, the same (Part), should come from 5 different animals or plants.
- -Example: 5 samples of moose liver from 5 different moose
  - Each of the 5 samples should be about one cup or the size of the palm of your hand.

## How should the food be stored?

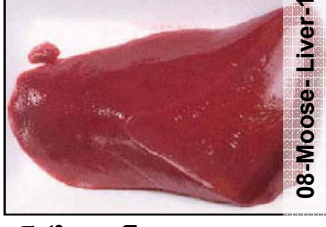
- Each sample should be stored in a separate Ziploc freezer bag.
- Samples should be frozen the day they are received and they should remain frozen until they are ready to be shipped. Samples must be shipped in a cooler (provided) so they stay cold.

## Example of a filled out Checklist:

Site Number	Sample Number	Sample Type	Part	Preparation/Preservation (raw, cooked, dried, jarred, frozen)	Harvest Location	Contributor	Harvest Date	Date	Frozen
✓	08	Moose	Meat	Raw, frozen	Ft. Nelson	John James	May 2008	July 8, 2008	
✓	08	Moose	Meat	Dried	Ft. Nelson	John James	April 1, 2008	June 18, 2009	
✓	08	Moose	Meat	Dried	Ft. Nelson	John James	April 15, 2008	June 18, 2009	
✓	08	Moose	Meat	Dried	Ft. Nelson	John James	July 1, 2008	June 18, 2009	
✓	08	Moose	Meat	Cooked	Ft. Nelson	John James	April 1, 2008	August 8, 2009	
✓	08	Walleye	Fish	Raw, frozen	Ft. Nelson	Jill Smith	June 28, 2008	July 12, 2009	
✓	08	Walleye	Fish	Raw, frozen	Ft. Nelson	Jill Smith	May 2008	July 12, 2009	
✓	08	Walleye	Fish	Raw, frozen	Ft. Nelson	Jill Smith	April 1, 2008	July 12, 2009	
✓	08	Walleye	Fish	Cooked	Ft. Nelson	Jill Smith	April 15, 2008	August 8, 2009	
✓	08	Walleye	Fish	Cooked	Ft. Nelson	Jill Smith	July 1, 2008	August 8, 2009	
✓	08	Soapberries	Berries	Jarred	Ft. Nelson	Bob Stevenson	April 1, 2008	August 8, 2009	
✓	08	Soapberries	Berries	Jarred	Ft. Nelson	Bob Stevenson	June 28, 2008	August 8, 2009	
✓	08	Soapberries	Berries	Jarred	Ft. Nelson	Bob Stevenson	May 9, 2008	August 8, 2009	
✓	08	Soapberries	Berries	Frozen	Ft. Nelson	Bob Stevenson	April 1, 2008	August 8, 2009	
✓	08	Soapberries	Berries	Frozen	Ft. Nelson	Bob Stevenson	April 15, 2008	August 8, 2009	

## How should the food be labeled?

- Each Ziploc bag must be labeled clearly (with a permanent ink marker) so that we know exactly what is in each bag.
- Each bag needs to be labeled in permanent marker with the following information:
  - Site number (Example: 08 = Fort Nelson)
  - Food name (Example: Moose)
  - Part (Example: Liver)
  - Replicate number is part of the sample number (from 1-5, if there are more than one sample of the same food)



## What should I do with the checklist? (see example)

- On the left hand column of the Checklist, check off those food samples that will be sent.
- Fill in all the blanks on the checklist as best you can:
  - Form of preparation (preservation) (Example: raw, smoked, baked, dried, frozen)
  - Harvest location (Example: location where berries were picked)
  - Harvest date (Example: date when berries were picked)
  - Date sample was received and frozen (date when the contributor provided sample, which should be frozen that day)
  - Contributor (Person's name who gave the sample) *This is important so that each contributor can be compensated for each sample he or she gives to the project.*

- Make sure all the samples that are being sent are listed on the checklist.
- Put the checklist in a separate Ziploc bag and send it in the cooler along with the samples.

## Where do I ship the samples?

Send the food samples to University of Northern BC and we will forward them to the lab for analysis. Shipping labels are provided.

## How do I ship the samples to UNBC?

As soon as the cooler is filled, it is ready for shipment.

- Contact the FNFNES Coordinator at (250) 960-6708 to obtain a COD number and arrange for courier service.
- As soon as the samples are picked-up by the courier, inform the Coordinator that they have been shipped.