

## Who We Are

This study is led by:

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

### Traditional Food Component

### FOR MORE INFORMATION, PLEASE CONTACT:

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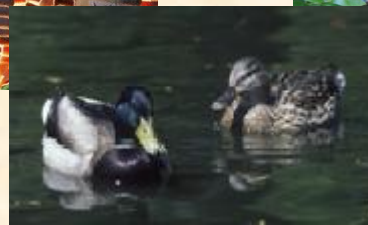
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The FNFNES aims to collect information from 100 First Nation communities across Canada. One of the five components of the study is the **Food Sampling Component**.

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.

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



## 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.).

## Which contaminants will the samples be tested for?

Organochlorine pesticides, organophosphate pesticides, polychlorinated biphenyl congeners (PCBs), trace metals, dioxins, furans, polycyclic aromatic hydrocarbons (PAHs), brominated fire retardants (PBDEs) and perfluorinated compounds (PFOs).

## How much food should be collected?

- Thirty different types of food (Sample Type) are needed.
  - 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?

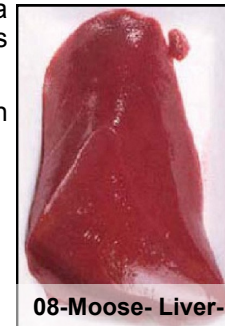
- Each sample should be stored in a properly closed separate Ziploc freezer bag.
- Samples should be frozen the day they are received and they should remain frozen until they are ready to be shipped. Samples must be shipped in a cooler (provided) so they stay cold.

## Example of a filled out Checklist:

	Site Number	Sample Number	Sample Type	Part	Form of Preparation/Preservation (raw, cooked, dried, jarred, frozen)	Harvest Location	Contributor	Harvest Date	Date Frozen
✓									
✓	08	1-1	Moose	Meat	Raw, frozen	Ft. Nelson	John James	May 2008	July 8, 2008
✓	08	1-2	Moose	Meat	Dried	Ft. Nelson	John James	April 1, 2008	June 18, 2009
✓	08	1-3	Moose	Meat	Dried	Ft. Nelson	John James	April 15, 2008	June 18, 2009
✓	08	1-4	Moose	Meat	Dried	Ft. Nelson	John James	July 1, 2008	June 18, 2009
✓	08	1-5	Moose	Meat	Cooked	Ft. Nelson	John James	April 1, 2008	August 8, 2009
✓	08	2-1	Walleye	Fish	Raw, frozen	Ft. Nelson	Jill Smith	June 28, 2008	July 12, 2009
✓	08	2-2	Walleye	Fish	Raw, frozen	Ft. Nelson	Jill Smith	May 2008	July 12, 2009
✓	08	2-3	Walleye	Fish	Raw, frozen	Ft. Nelson	Jill Smith	April 1, 2008	July 12, 2009
✓	08	2-4	Walleye	Fish	Cooked	Ft. Nelson	Jill Smith	April 15, 2008	August 8, 2009
✓	08	2-5	Walleye	Fish	Cooked	Ft. Nelson	Jill Smith	July 1, 2008	August 8, 2009
✓	08	3-1	Soapberries	Berries	Jarred	Ft. Nelson	Bob Stevenson	April 1, 2008	August 8, 2009
✓	08	3-2	Soapberries	Berries	Jarred	Ft. Nelson	Bob Stevenson	June 28, 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.