



Decolonizing Institutional Foodservices: Learning through doing, making food more acceptable for First Nations, Métis and Inuit.

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Institutional foodservices are often overlooked as a place for decolonization initiatives. Yet, these foodservices may provide all the food eaten by residents in their facilities. Lack of culturally appropriate food can cause harm. Despite the evidence for the benefits of making hospital foodservices more acceptable to First Nations, Inuit, and Metis there remains many barriers to doing this including legislation, access to traditional foods, supply of traditional foods, knowledge of traditional foods and institutional barriers such as the budget, meeting nutritional targets and working around dietary restrictions. To prepare students who may become foodservice managers for decolonizing foodservices in the foodservice management class the students complete a project which culminates in providing a meal to Indigenous students and faculty. Students learn about the importance of the work, hear of examples of institutions that have started to decolonize their foodservices, and conduct a survey asking Indigenous students at St FX about food. Based on the survey the nutrition students prepare a meal for Indigenous students and faculty.

References

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