



# First Nations Food Safety Course Hunting and Gathering

FY 2017

# First Nations Food Safety Course

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## Introduction—To Our Learners

According to *Raymond Foxworth, Navajo, Vice President, First Nations Development Institute*, there is a thriving movement in Indian country focused on food sovereignty and increased control of local food systems. Like other assets in Indian country, Native food systems have been colonized, altered and, in some cases, destroyed. Today, many Native communities have taken an active role in reclaiming control of their local food systems, examining where food in their communities comes from, looking at dollars that leave communities on food products, increasing access to fresh and healthy foods, fostering agricultural economic development activities for communities and individuals, and developing tribal policies that promote Native food sovereignty.

Hunting and gathering have always been essential parts of native culture providing nourishment for bodies and spirits. The best management methods based on science are implemented to protect the resources and ensure that healthy and sustainable game populations continue to be protected for the benefit of all people.

“Our way of life is sustained by our connection to the water and the lands where we have fished, gathered and hunted since time immemorial.”  
Swinomish Tribal Community

## Course Instructions

During this course, you will be using two internet websites:

- YouTube—for course videos
- Survey Monkey—for Knowledge Checks, Course Certification, and Course Evaluation

Links for each course task can be found in this book.

The checklist of tasks for this course is as follows:

√	Course Task
	INTRODUCTION VIDEO
1.	Video 1—Food Safety at Home—YouTube
2.	Knowledge Check—Survey Monkey—about Video 1
3.	Video 2—Food Safety When Hunting and Gathering—YouTube
4.	Knowledge Check—Survey Monkey—about Video 2
5.	Video 3—Food Safety When Fishing—YouTube
6.	Knowledge Check—Survey Monkey—about Video 3
7.	Video 4—Food Safety for Community Events
8.	Knowledge Check—Survey Monkey—about Video 4
9.	Course Certification
10.	Course Evaluation

- 1) Each video will stop when it is finished.
  - a. Only watch one video, and then return to this course book
  - b. *If you click on or watch any other videos that appear on YouTube, the sequence of videos may not follow what is listed in this course*
- 2) Survey Monkey is used for Knowledge Checks, Course Certification, and Course Evaluation.
  - a. *Avoid opening an account or taking other surveys suggested by Survey Monkey*
  - b. *Purchases are never required for these courses*
- 3) Give time for the videos and surveys to load—extra clicking or trying to go back will create a problem.

## Purpose

To prevent contamination of food at home in order to protect your family and community

Objectives—you will be able to—

1. identify safe food handling to protect the health of your family and community
2. describe why food safety is important
3. list four items that support safe food handling—
  - Clean
  - Separate
  - Cook
  - Chill
4. identify when you should wash your hands to ensure food safety

## Video Introduction

### Module #1—Hunting and Gathering in New Mexico

This video covers

New Mexico Hunting and Gathering

What food safety tips are described?

View— <https://youtu.be/hJb5cC1nClQ>

# First Nations Food Safety Course

## Video 1

**Module #1—Food Safety at Home<sup>1</sup>**

Step 1. View— <https://youtu.be/l5ckZytDpKE>

### Presentation Review

Step 2. Food Safety Knowledge Check—  
<https://www.surveymonkey.com/r/82VPZBS>

## Video 2

**Module #1—Food Safety When Hunting and Gathering<sup>2</sup>**

Step 3. View— [https://youtu.be/fydH\\_3ZoNaY](https://youtu.be/fydH_3ZoNaY)

### Presentation Review

Step 4. Food Safety Knowledge Check—  
<https://www.surveymonkey.com/r/H932VYH>

## Video 3

**Module #1—Food Safety When Fishing<sup>3</sup>**

Step 5. View— <https://youtu.be/dTXbOhiXwyU>

### Presentation Review

Step 6. Food Safety Knowledge Check—  
<https://www.surveymonkey.com/r/H9SMYFC>

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<sup>1</sup> Health Canada

<sup>2</sup> Ibid.

<sup>3</sup> Ibid.

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## Video 4

### Module #1—Food Safety for Community Events<sup>4</sup>

Step 7. View— <https://youtu.be/4dssoWEIHZ4>

## Presentation Review

Step 8. Food Safety Knowledge Check—

[\*\*https://www.surveymonkey.com/r/9MY5KQF\*\*](https://www.surveymonkey.com/r/9MY5KQF)

First Nations Food Safety Course—Hunting and Gathering

## Course Certification

Step 9. Please certify your course completion—

<https://www.surveymonkey.com/r/MS3JP7D>

First Nations Food Safety Course—Hunting and Gathering

## Course Evaluation

Step 10. Please complete the course evaluation—

<https://www.surveymonkey.com/r/927N3RN>

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<sup>4</sup> Health Canada