

# Food is Our Medicine



## Food is Culture

**“Honest food brings people together in a way that nothing else can. From hunting and gathering to the preparation and enjoyment of it, food builds and engages our community.”**

– Moe Mathieu, Saskatchewan Métis

Food is fundamental to our well-being. Food is medicine. We invite you to join us on a Learning Journey about the power of Indigenous Foodways as a pathway to reconciliation and health.

Get involved:

[NourishLeadership.ca](https://NourishLeadership.ca)



**NOURISH**

The future of food  
in health care.