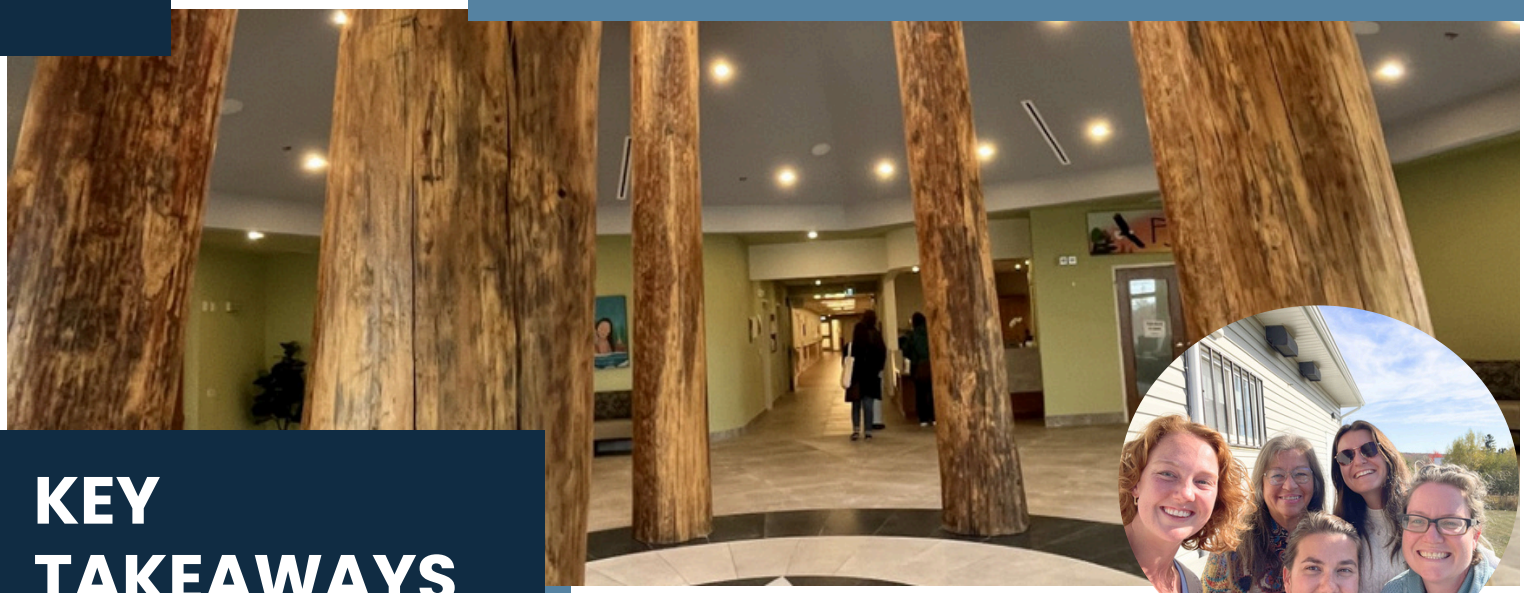
SEPT – NOV 2025
FOOD AS MEDICINE

FOOD AS MEDICINE

NEWSLETTER

Food as Medicine: Enhancing food sovereignty and promoting healthy aging for Indigenous older adults through culturally informed food programming in long-term care homes.
Aim: To promote Indigenous food sovereignty in long-term care homes by working towards food sourcing, preparation, and delivery aligned with Indigenous cultures and promoting the self-determination of Indigenous communities over their food practices and aging process.



KEY TAKEAWAYS

- **Members of the Food as Medicine team visited all three community partner sites this fall, holding sharing circles and building relationships with communities.**
- **The team has three manuscripts underway in varying stages of development.**
- **We presented at an academic conference in Montreal, garnering an excellent audience and sparking conversation.**

Data Collection

The Food as Medicine research team had a busy fall visiting all 3 community partner sites and engaging in sharing circles with health centre and care home staff, community members, Chiefs and Counsellors, and Elders. We are looking forward to returning to the sites in 2026 to do field visits.



SITE VISITS

September:

Between September 10th and September 13th we headed to Northern Ontario to visit the Meno Ya Win Health Centre in Sioux Lookout in Northern Ontario.



October:

While the leaves started to fall between Oct 6th and Oct 10th we travelled out East to visit the Millbrook First Nation in Nova Scotia.



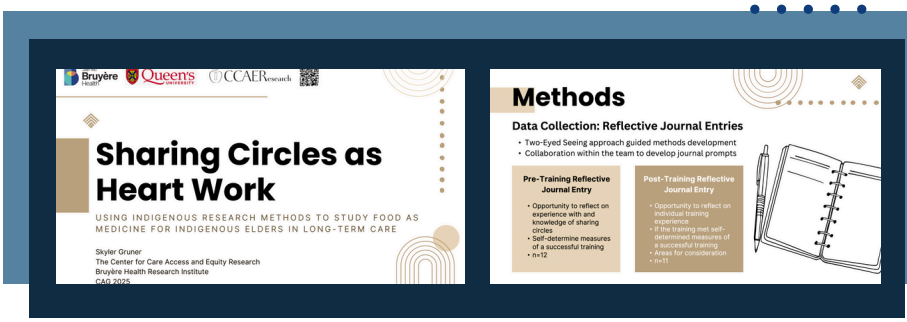
November:

We headed out West before the snow flies to visit Southeast Personal Care Home in Winnipeg Manitoba from Nov 3rd to Nov 6th.



CONFERENCES

In late October, Skyler Gruner presented at the Canadian Association on Gerontology Scientific and Educational Meeting in Montreal. The conference was centred around radical relationality and aging, and her presentation covered findings from her summer project on sharing circle training. Skyler presented the two key themes identified from her work :



1. **Integrating three key types of learning into sharing circle training**
2. **Outcomes beyond methodological training**

Her presentation explained how the team completed reflective journal entries before and after the training, providing an opportunity for the participating research team members to reflect on their knowledge of sharing circles and their experience with the training. Her conference presentation generated a great audience with thoughtful questions and feedback, offering an opportunity to highlight the importance of emotions in sharing circles and to expand on the Two-Eyed Seeing approach.

PAPERS IN PROGRESS

Policy Analysis

Over the past few months, we have been actively reviewing and refining our policy analysis findings, and work on the related manuscript is underway.

Protocol Paper

We are pleased to announce that the protocol paper was submitted to *BMC Public Health.*

Sharing Circles in Research

We are also in the final stages of writing the manuscript on understanding culturally relevant training for sharing circles as a research method. This manuscript is in the editing stage, progressing toward submission to a peer-reviewer journal soon.

Scan the QR code for more information about the Food as Medicine research project.

OUR NEXT STEPS

The team is simultaneously preparing to start analysis of the sharing circle data and preparing for future site visits. We have been successful in receiving **Research Ethics Board (REB) approval** for the next objectives, a key milestone in this process.

Other updates:

- Stay tuned for emails regarding opportunities to participate in data analysis.
- Planning for site visits, which will take place in Fall 2026 and Spring 2027.
- Finalizing and publishing the policy analysis manuscript (Victoria).
- Editing the manuscript on understanding culturally relevant training for sharing circles as a research method and submitting for review (Skyler).
- Ongoing newsletters to continue sharing updates and milestones.