



Nourish

Anchor Cohort (2023-2025)

Food for Health Innovation Retreat

Summary Report

Wasan Island | September 24 - 27, 2024



Thank You to Our Funders

On behalf of the Nourish staff, Board, and partners, we would like to acknowledge and thank our funders for their incredible support.

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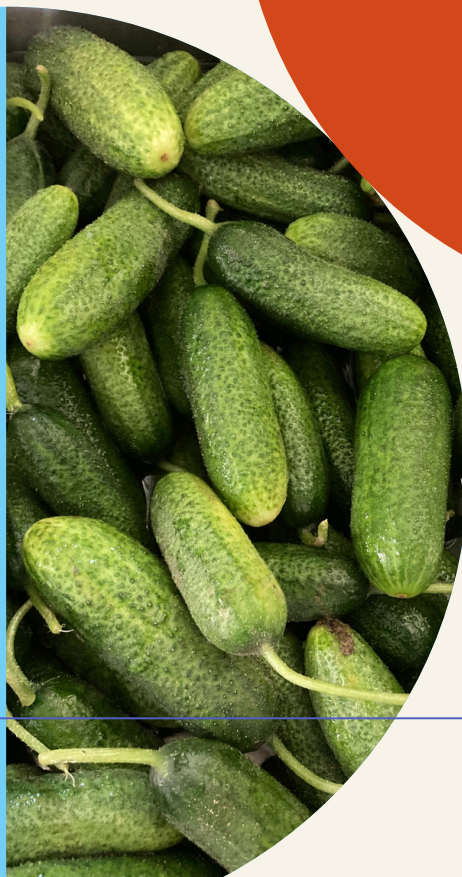


The health care system harnesses the power of food to advance health for patients, communities, and the planet.

Our Vision

Support health care providers to apply the healing power of food to advance health equity, climate action, and community well-being.

Our Mission



Acknowledgements

Thank you to all the retreat participants for sharing with us your energy, insights, and sense of possibility. We recognize that time away from home and work is precious and feel lucky that you shared some of yours with us.

We are grateful to those who reminded us to bring gratitude and respect for ourselves and all beings by sharing their experiences, cultures, languages, and moments of appreciation with us. Thank you to Kelly, Kendal, and Debra for sharing with us the Thanksgiving Address and its lessons.

A big thanks to Peter Vanderploeg, our host at Wasan Island, for making us feel welcome and at home, and for transporting us to and from the mainland.

Our appreciation goes out to Susan Cole from [Cole Munro](#) for all her behind-the-scenes wrangling to supply us with fresh Canadian Steelhead Trout for our lunchtime workshop with Chef Ned Bell.

Kudos to the team from [Barnstar Kitchen](#) for keeping us fuelled with delicious and nutritious meals throughout our stay.

Thank you to the land for holding us so well.



Above... Nourish Ambassador Chef Ned Bell, happy to prepare locally farmed steelhead trout.

Right... The team from Barnstar Kitchen with some of their tasty creations.





Nourish

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Arrival

Over September 24 to 27, 2024, Nourish convened a gathering for members of the Anchor Cohort, Nourish Ambassadors, and other key leaders working to shift health care and food systems in bold and overlapping directions. Gathering on Wasan Island in Anishinaabe territory, these leaders brought with them diverse perspectives and knowledge, desire for change, and a shared belief in the power of food as a lever to create health care systems that are more preventative, equitable, and sustainable.

At the midpoint in this Anchor Cohort's journey, the gathering was an important connection, reflection, and inflection point. The gathering was the first in-person retreat for the current cohort, and was an important and needed opportunity for sharing and building relationships. Halfway through their cohort journey, the gathering was a space for cohort members to pause and look back on their place-based work so far - what tactics show promise and what do they need now to best move forward? The gathering was also a time to surface and converge on ideas for national-level collaborative project(s) that participants will work on together over the coming year.

Participants left the gathering with possible directions for collaborative work in six areas. These promising project ideas built on conversations where participants identified key shifts to move us from what is to what can be, some tensions that require careful navigation on the paths to that future, and generated a suite of needs, strengths, and connections to help us all along the journey to there.

Gathering Purposes:

- To surface and converge on ideas for national-level collaborative project(s).
- To provide participants with dedicated time and meaningful opportunities to get to know each other and build working relationships.
- To provide participants with time to share and reflect on their work to date.

Sensing

Gifts to the Future

As part of introducing themselves and setting intentions for the gathering, participants were invited to bring a gift to the future of food and health care - something each person hopes will be plentiful in the future we are planting.

Gifts included locally grown and preserved foods like apples, partridge, greens, and jam. A pack of cards and an apron spoke to the passage of food knowledge and skills between people and generations. Gifts included resources that we need more of to create our desired future of food and health care: a \$10 bill represented the funds needed to make system-wide shifts and a draft strategy represented the roadmaps we need to create a collective movement.

There were also gifts for the resources we need to give to each other as we work - chimes to remind us to pause and bring ease into our work, tobacco and a rattle to connect us to ancestors and ceremony, and a beaded Nourish pin to remind us of our helpers and roots. A wooden spoon was gifted as a reminder to keep it simple...and stir the pot!

Bringing these gifts enabled us to bring story and life to what is important to us about food and health care, and helped us to understand each other's aspirations. Many of the gifts came with stories calling for a return to what was - a reminder that there is much that is good and useful to maintain as we work to shift our systems towards a different future. All these gifts stayed in the space with us throughout the gathering...until the edible ones became ingredients for one of our delicious lunches!



Storytelling: Place-based Work (zooming in)

After reviewing our community agreements and sharing some morning reflections from sit spots around the island, we began our first full day together. Everyone - in their cohort teams or individually - was invited to share a story about their work: who they are, their goals, strengths, and areas of expertise, their needs, and the differences that would make the most difference to them achieving their goals.

The room was full of strengths and successes. Participants are passionate about their work and driven towards change, there are successes with engaging organizational champions and leadership, and they are improving people's experiences of care. Leaders are implementing what they are learning by being part of the cohort program, such as creating a new meal program for seniors based on one they visited using their System Sensing and Inspiration Grant, embedding planetary health into new organizational and provincial-level strategy, and increasing locally sourced and country foods into menus.

Capacity was cited as a key challenge. Health care is often an urgent business, and that sense of urgency is pervasive - many participants are working through organizational restructuring, staffing shortages, and bureaucratic hurdles that make business as usual challenging, nevermind working to change the status quo. Time to do the additional change management and communications work on top of their roles was often cited as areas where people could use greater levels of support. Participants also called for more time to connect directly with patients and to zoom in on the changes they hope to make (e.g., a staff member focused solely on country foods).



Participants' diversity of knowledge and experiences meant that some of the needs and questions could be answered and connections made in real time. For example, one health care team had access to local carrots but no way to prepare them in a timely way - being in the room with a regenerative farmer enabled them to find a quick connection to an affordable and expedient carrot washing machine to solve their problem.

Together, participants crowdsourced a collective want ad for the future of food in health care that outlined who they are as changemakers, what they bring to the challenge space, and what they need to create a future full of the gifts they shared the evening before.

The following themes were present in participants' collective want ad for the future of food and health care:

Delicious, Nutritious, Regenerative

The future of food in health care needs to be delicious, nutritious, and regenerative. Having only one of these three criteria misses a key part of the system: food is only nutritious if it's consumed - it needs to be delicious. Increasing evidence shows that food grown by regenerative practices is more nutritious. Health care organizations have an opportunity through their purchasing power to invest in regenerative practices that focus on building soil health, protecting resources and supporting biodiversity and viability for producers.

Three Opportunities a Day

Three meals a day represent three opportunities to make a difference - for patients, food services staff, local economies, and the planet. They represent opportunities for a staff member to tell the story of a patient's experience, for senior leaders to understand the impact of small menu changes at their organizational or health care system level, and for procurement and food services staff to crunch the value they generate.

Power in Numbers

The future of food and health care will be informed by the power of numbers, and these numbers will be more diverse and meaningful in a few different ways. First, the power of higher numbers: participants working in larger health care organizations and those part of group purchasing agreements or other collaborations were able to use their size and number to influence procurement decisions towards more local and sustainably sourced food. Second, participants spoke about the importance of having numbers to tell their story of change over time - to understand their baseline and track changes, and of impact - going beyond solely financial metrics to other inputs for evaluation and decision-making (e.g., emissions profile, vendor location, nutrient density, ethical treatment, etc.).

**"Food is only nutritious
if the patient eats it."**

Gathering Participant

At Capacity: Need for Internal and Ecosystem Supports

Participants spoke about capacity and infrastructure needs (e.g., production kitchens, food preparation equipment) and broader systems-level access to information and networks (e.g., country food vendor lists, planetary health menu databases), and tools they can replicate, scale, and remix (e.g., menus that transition across sites).

Whole Systems Thinking & Approaches

Participants talked about the need to go beyond food and beyond health to focus on the intersections and overlaps between systems as we have designed them. Work needs to focus on creating bridges between people and organizations working in food, health care, and agriculture.



Above...Happy participants ready for lunch prepared by Chef Ned Bell and some willing volunteers showcasing some of our gifts to the future.

“We need investment. We need a whole systems thinking, right? We need to start thinking about this whole thing instead of just that. And we need policy and support.”

Gathering Participant

Tensions

In sharing their insights and experiences, participants raised a number of tensions in their work, in the system of food and health care, and writ large in Nourish's work. We approach each of these tensions or polarities as simultaneously true and interdependent, as things we need to navigate in our work.

Grassroots and C-Suite

Supporting community-level, staff, AND senior leaders and decision-makers.

Place-based and Systems-Level

Focusing efforts in our communities in ways that are practical and visible AND working on larger scale systems-level efforts with a longer time horizon than are less visible.

Insiders and Outsiders

Working as changemakers, bridgers, and translators for the changes we hope to make inside our organizations AND leveraging the power and perspectives of those outside our boundaries for mutual learning and benefit.

Present and Future

Meeting the needs of the present AND acting in ways today that sow the seeds of the future we seek to create.

Individual and Team

Understanding the vital role of individual changemakers AND that the changes we seek to make must go beyond any one person or role.

Right...Team members pitches their idea for a Nourish Institute of Culinary Medicine during their imagined press conference. Banana microphone for the win!

"I'm hearing exactly the same things, and every single health authority, we're all doing the exact same thing. It would be great if we had one voice, or one Nourish voice, with that mission statement, so that we could learn from each other and push up against a machine that keeps us at \$6 a day feeding our people, and it costs, what, \$1,000 a day to have someone in care? Could you imagine if you doubled our food spend and we actually got someone out of healthcare a day early?"

Gathering Participant



Key Shifts

Conversations explored key shifts required to reach the shared goals of taking action on the climate crisis, improving health equity, and promoting community well-being through food in health care.

	FROM	TO
How we Think	Food as Nutrition / Commodity	Food as Medicine
How we Prioritize	Best Value	Value-based
	Food in the Ancillary Budget	Food in the Clinical Budget
	Outsourced	Locally Sourced
	Feedlots	Food Systems
How we Work	Singular Actions	Multi-solving
	Siloed Expertise	Multi-disciplinary Teams with a Shared Language
	Silos of Support	Champions at all Levels
	Overwhelmed	Bolstered
	'If you know, you know'	Navigating Systems with Ease

“There's not a whole lot of health care leadership in the space. These are conversations that, ideally, they should be part of to have more buy in - so it doesn't come on the shoulders of people who are trying to do their best and have a lot of fears that are put on them that leaders don't necessarily understand. Partnership - insiders and outsiders - having people working within that system to change it, but also having that external lens, maybe that's where we can collaborate.”

Gathering Participant

From Best Value to Value-Based

Shifting procurement practices from cost as the lowest common denominator in decision-making to making purchasing decisions that also reflect social and environmental considerations.

From Food in the Ancillary Budget to Food in the Clinical Budget

Shifting food from the ancillary budget, where it lives with laundry and parking, to clinical care budgets, with things like pharmacy and medical imaging, where it can more fully be harnessed as a necessary and integral part of healing.

From Food as Nutrition / Commodity to Food as Medicine

Building understandings of food as a multifaceted component of human healing, flourishing, and planetary health.

From Feedlots to Food Systems

Creating food systems that are in alignment with nature, creating conditions that steward resources and understand food as health not just commodity.

From Singular Actions to Multi-solving

Shifting funding, collaborations, and attention towards creating, learning from, and implementing actions that address multiple challenges simultaneously.

From Siloed Expertise to Multi-disciplinary Teams with a Shared Language

Shifting the ways we work to be more collaborative and interdisciplinary, with learning from and with each other as a shared foundation.

Right...A team works on their pitch about true cost accounting.

From Silos of Support to Champions at all Levels

Creating a movement of supporters and champions at all organizational levels and system scales. One participant remarked, “we feel like basement dwellers looking for a window.”

From ‘If you know, you know’ to Navigating Systems with Ease

Ensuing access to information, knowledge, and networks is supported by wayfinding and system navigation through relationships and understanding.

From Outsourced to Locally Regenerative
Building sustainable, local food systems by investing in local products and services.

From Overwhelmed to Bolstered

Creating sufficient capacity for change in our organizations and systems, supported externally by organizations and networks offering ecosystem services that bolster change and adoption efforts.



Surfacing

Building from the Food for Health Levers and Cohort team's place-based work, one of the gathering's main aspirations was to enable participants to identify national collaborative project(s) that move the needle on health systems' climate impact, build health equity with Indigenous and other equity-deserving groups, and create better community investments grounded in anchor leadership.

The aim of the collaborations is to create impacts that resonate beyond any single organization or region to influence beliefs, routines, resource flows, and relationships in food and health care systems. What can the Cohort do together that would be difficult to achieve alone? What projects and outcomes could have far-reaching benefits to all teams, and beyond?

Nourish has tangible resources available to support the collaborative projects, with financial, convening, coaching, mentoring, and other resources available. While Nourish came into the gathering having a high-level sense of what resources could be offered, specific decisions relating to team capacity and resourcing will be decided after the gathering once the project ideas are identified and developed.

Below...Gillian Flies shares the ingredients for multi-solving by telling the story of regenerative agriculture.



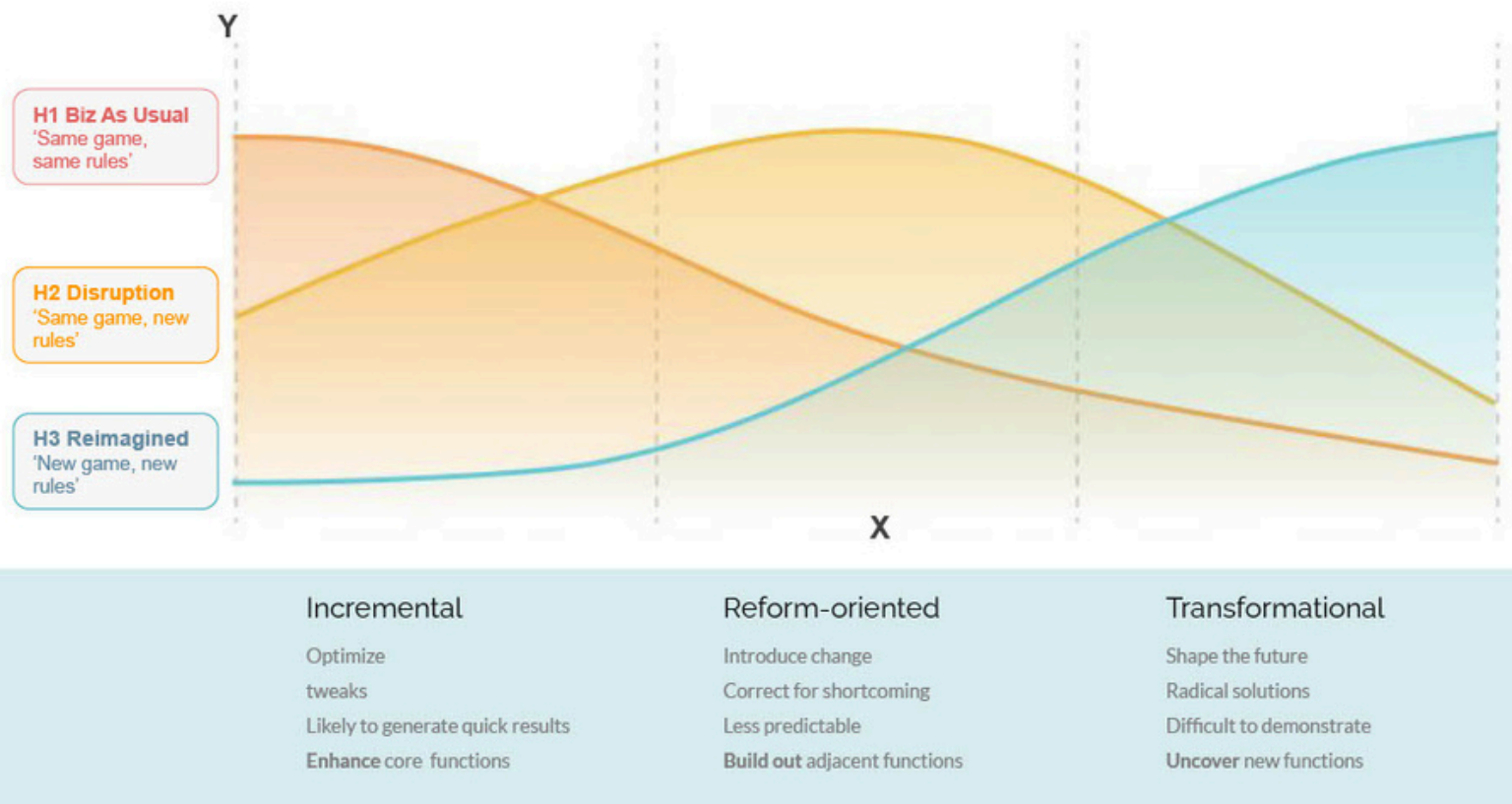
"I think we talk food strategy level, theoretical and opportunities, which is really fun, but seeing the tangible action happening on the ground, with the community, with the patient, with the participant, is fantastic. So it feels exciting because we're seeing things slowly start to change."

Gathering Participant

New Horizons

Participants were invited to reflect on their own and each other’s work, as well as on the broader contexts relating to food and health care, as springboards to thinking about ideas for their collaborative project(s). While sharing their ideas with the group, they were then asked to place their ideas on a wall under one of three headings, each representing one of the three horizons.

The Three Horizons model helps us think about different kinds of change - all of which can be happening at the same time. We used the Three Horizons model to help us see where our ideas - if pursued - would require us to spend our time, energy, and resources. Would most of our ideas be in horizon one, focused on continuous improvement? Or, would they be in horizon three, making big bets into an uncertain environment? Creating an ideas wall with the Three Horizons as scaffolding enabled us to ask ourselves: where does it make sense for us to be spending our efforts given our goals and context? By looking at the three horizons together, we laid the groundwork for creating a portfolio of coordinated actions working towards a desired future across different types of change - but oriented towards bolder shifts.



Shaping

On our second day together, work focused on collaborative projects. Participants were invited to reflect on their brainstorming from the day before, review their ideas, and start the day off in a bold way: each participant was encouraged to add at least one more Horizon Three idea to the wall. Everyone then looked at all of the ideas together and began to sensemake which of the many ideas were the most promising.

Participants were invited to choose a portfolio of ideas to develop with these criteria in mind:

- **Horizon Two or Three:** to prioritize ideas that go beyond business as usual or incremental fixes, taking bolder steps towards higher-leverage shifts.
- **Multi-solving potential** (multiple food levers, touch multiple places, multi-scale/highly collaborative/involve many different actors): to prioritize ideas that go beyond one sector and food for health lever with the potential to create change at multiple places in the food and health care system.

After individual reflection and group conversation, participants converged on a portfolio of six ideas for national-level collaborative project(s). These are the ideas they believe have the greatest potential to leverage the power of food to create health care systems that are more preventative, equitable, and sustainable at this time. They are also the ideas participants believe can benefit most from collaborative work at a national scale.

Participants moved into working teams based on their energy and interest, and spent time developing the ideas into draft pitches. Each team shared their pitch with the larger group, receiving feedback and discussion on their early thinking. The six ideas are outlined below.



Left...Wendy Smith in-session.
Right...A powerful triad!

"We think of the triad - doctor, farmer, chef - as a pretty powerful partner in your missions."

Gathering Participant



Collaborative Project Pitches

Ajuinata: Stories from the System

Key Shift: From 'If you know, you know' to 'Navigating Systems with Ease'

In the words of Governor General Mary Simon, translated from Inuktitut 'ajuinata' (roughly pronounced aye-YOO-EE-nah-tah) means that, "if you're confronted with adversity or things that are difficult, you keep going, you don't give up, and you need to make a commitment to continue to make changes." Inspired by the Governor General's words, ajuinata is the namesake for a proposed new, safe space for past, current, and future Nourish teams, staff, and their extended network to share their journeys and tell their stories. Ajuinata will be a place for those working to create change in food and health care to share their stories of perseverance and gain resources to help them keep going - learnings from others, ways to connect, access to needed information and expertise. Grounding use of this space will be a commitment to reciprocity and ethical use of the knowledge within. The space may be a website, online portal, podcast, or some combination - to be determined. Ajuinata will create change by making space for relationships and combining Nourish team resources with Anchor Cohort knowledge.

C-Suite Engagement

Key Shift: From 'Silos of Support' to 'Champions at all Levels'

C-Suite Sea Suite addresses gaps in senior decision-maker awareness, engagement, and support needed for the shift to food as medicine. Senior decision-makers will gather, learn from and with each other, and deepen their understanding around the trifecta of nutritious, delicious, and regenerative food. The project builds on existing pockets of positive deviance and addresses growing demands for multi-problem solutions. By focusing on senior decision-makers, the project will help to enable the work of place-based Anchor Cohort teams while laying the groundwork for larger-scale system shifts. The C-Suite Sea Suite will create change through an immersive opportunity for senior leaders to (literally!) taste a different future.

Food for Health in Accreditation

Key Shift: From 'Food as Nutrition' to 'Food as Medicine'

Food for Health Levers are not top of mind for all health care organizations, and health care organizations do not always feel responsible for improving outcomes on these levers. Food for Health in Accreditation aims to advance Nourish's mission by creating standardized expectations and prioritizing food for health projects through the accreditation process. The project will create a new standard and recognize current and future excellence, supporting new resources for transformation. Food for Health in Accreditation will create change by weaving Indigenous Truth and Reconciliation, sustainability, and upstream health through food into accreditation standards.

Prototyping a Nourish Institute for Culinary Medicine

Key Shift: From 'Siloed Expertise' to 'Multi-disciplinary Teams with a Shared Language'

Culinary medicine explores the links between food and health, applying the foundations of nutritional science side-by-side with traditional medical interventions in clinical care. The Nourish Institute of Culinary Medicine aims to bridge the gap between clinical and food operations, making food as medicine an integral part of healing and patient care. The Institute will create change by creating an organization dedicated to culinary medicine where medical and food professionals learn together.

True Cost Accounting: Three Healing Opportunities Menu Enhancement Pilots

Key Shift: From 'Best-Value' to 'Value-Based'

Three meals a day means three opportunities for healing. Three Healing Opportunities tackles true-cost accounting in food procurement, going beyond the financial bottom line. True cost accounting calculates not only the direct costs of food purchasing, but also the related effects of food production, sourcing, and distribution on the natural and social (human community) environment. The project aims to demonstrate that a return on investment is both possible and desirable from value-based food procurement. Three Healing Opportunities will create change by shifting food procurement rubrics from a focus on best-value (i.e., lowest financial cost) menu options to making procurement decisions that are value-based and view feeding people as healing opportunities.

National Food and Health Care Strategy

Key Shift: From 'Singular Actions' to 'Multi-solving'

National-level strategy and policy frameworks have the power to galvanize attention, redistribute funding, and shift incentives away from business as usual to future-oriented action. The creation of a national food and health care strategy will create change by raising the profile and priority of work on food and health care and providing a shared vision and pathways for collective action. The group decided that the first five projects feed into this one, and it should be revisited toward the end of the cohort.



Above...Team Six Nations having good conversations together on day one.

Sustaining

Participants shared the following insights and guidance for how Nourish may best support their work going forward:

Amplify Nourish's message with policymakers.

While focused on their place-based projects, participants talked about the need for larger scale shifts in policy and regulatory systems to enable, grow, and accelerate their work. With its national reach and network, participants see a key role for Nourish to focus more on systems-level advocacy and policy leadership as pathways to strengthen place-based efforts.

Support Anchor Cohort teams to grow organizational movements for change.

Participants recognize the importance of storytelling and communications in amplifying their efforts and creating buy-in for their work. How might Nourish support Anchor Cohort teams and Ambassadors with key messages and storytelling tactics designed for key audiences? Participants identified many resources that would make it easier to buy local and country foods, understand procurement processes, and make it easier to know who to contact and for what purpose. In some instances, these resources point towards an awareness challenge; in others, there is an access challenge, with no existing shared space to store this information. Balancing access to information and resources with capacity, as well as ethical concerns around knowledge keeping and sharing, is an important topic for Nourish and the teams to consider together going forward.

Build Nourish's network into a movement for change.

How might we increase Nourish's visibility and use its brand power to attract more people to its mission? Participants spoke about the importance of symbols and signals as attractors - ways to pique curiosity and draw new people into the work. Participants spoke about the successes of other movements, such as the sustainable seafood movement, which Nourish could build on. Something as simple as a t-shirt or decal for Anchor Cohort members or their organizations to display could be powerful signals inviting others to become part of a movement.

"We don't have full cost accounting. I'm rewarded for saving 50 cents on a case of property from China...Our community partners [are] saying, the hospital is this big, shiny thing on the hill that gets all the money, all the attention, all of everything, and we're down here, and we're the ones looking after people when you push them out the door."
Gathering Participant."

Gathering Participant

Pursue high-impact, multi-solving interventions that cross boundaries and influence multiple food for health levers. Conversations among participants were diverse and touched every food for health lever. At many times, we were reminded of the Nourish tablecloth - that tugging on one edge of the tablecloth shifts all the other edges to varying degrees. Working in systems with such a high degree of interconnectedness, participants want to do more - to use their own areas of expertise in collaboration with others to grow their impact. Participants called on Nourish to support these multi-solving efforts by continuing to build on the work done at this gathering, to continue to work systemically, and to continue to seek methods and approaches with greater potential for systems-level change.

"It's opened my eyes and allowed me to develop personally, I guess, in my own culture with some of the some of the work we've been doing in bringing the country foods into long-term care. Being able to first-hand witness the goodness that you're doing, some of the things you're hearing. Whether it's from the patients who are eating food saying that 'this food feels like home', or you have a couple and her husband is living with dementia, and she's saying, 'you know, my husband doesn't eat very well, but he's certainly eating all of this today' - which was caribou soup, or, you know, with the partridges that you all got to experience today. Some of those things have been life changing for me."

Gathering Participant



Above and right...Collaborative projects mid-pitch!



Grow Nourish’s audience with senior leaders and decision-makers.

Participants highlighted the challenge of accessing and creating senior champions for their work. Participants spoke about feeling at capacity and needing support to create the stories, briefing materials, and additional time to engage with leadership. The barriers many participants need to overcome to achieve their goals are often outside their scope of control and their job descriptions. Having shared understanding with decision-makers about the importance, benefits, and conditions needed to make food as medicine a reality is a difference that can make a difference. Participants called on Nourish to use its convening power and resources to target decision-makers for learning, relationship-building, and championing.

Connect change champions within and across sectors and professions.

Throughout the gathering, participants shared many stories of hearing about people and their work, but not having the time or relationship base to make or keep connections. Participants called on Nourish for support in coming together - in communities of practice, working groups, action squads - in order to be better able to work forward together. Suggestions included bringing similar professions together (e.g., a chefs’ group) and also convening multi-disciplinary teams of people (e.g., health care, food, and farming) for knowledge sharing and to identify opportunities for collaborative work.

The Nourish Team is continuing to work through the insights and feedback shared at the gathering to identify promising next steps, and to work with the Anchor Cohort teams on their place-based and collaborative projects.



Above...José Morais looks out to the three horizons: what collaborations will the future hold?

“A lot of what we discussed really can come down to connections: the need to have systems that are connected between the hospitals and all these other actors and all the communities, and for individual people to be connected to what they eat, connected to their environment - instead of our systems being separated from everything it needs to support it, and ourselves being separate from the resources that we need to support ourselves. The beauty of Nourish is that you get to connect all of us in this room to start to build community back.”

Gathering Participant

About the Anchor Cohort Program

Since 2016, Nourish has led two national cohorts of innovators embedded in health care organizations and working to bring food into a more central role for health and healing.

Nourish's current and third national health care leadership and innovation Anchor Cohort launched in September 2023. This Cohort will invest deeply in developing anchor leadership, signaling a commitment to harness the long-term presence, mission, and resources of health care institutions to anchor well-being in their communities.

Five multidisciplinary place-based Cohort teams are working locally and nationally on projects that activate existing community assets to find innovative food for health solutions. Cohort teams represent powerful health care and community partnerships with high commitment and the ability to shift policy, practices and outcomes.

Anchor Cohort teams are forging new pathways for the health sector to take a more preventative approach to health by working on:

- planetary health menus that reduce food-related GHG emissions;
- procurement and supply chains that are value-based and support local communities to build more resilient food systems;
- food sovereignty and food security initiatives that create health in an upstream, preventative way; and,
- action on Reconciliation for Indigenous communities alongside work to improve health outcomes for other equity-deserving groups.

The current five Anchor Cohort teams are located in Newfoundland and Labrador, Toronto, Six Nations of the Grand River, London, and the BC Lower Mainland.

Learn more about Nourish's Anchor Cohort program and meet the teams by visiting <https://www.nourishleadership.ca>.



Wasan Participants

- **Amy Ford**, Nourish
- **Annie Lalande**, UBC Planetary Healthcare Lab
- **Dana Marshall**, Food First NL
- **Deana D'Ambrosio**, St. Joseph's Health Care London
- **Debra Jonathan**, Six Nations Department of Well-Being
- **Elaine Chu**, Fraser Health
- **Erin Alexiuk**, Nourish
- **Gillian Flies**, The New Farm
- **Hayley Lapalme**, Nourish
- **Heather Goodison**, Unity Health Toronto
- **Jennifer Reynolds**, Nourish
- **José Morais**, BC Provincial Health Services Authority
- **Joshua Smee**, Food First NL
- **Kelly Gordon**, Six Nations Department of Well-Being
- **Kendal Garlow**, Six Nations Health Services
- **Michelle Stranges**, St. Joseph's Health Care London
- **Ned Bell**, Planetary Health - Vancouver General Hospital
- **Ngaire Leaf**, Nourish
- **Rachel Adamson**, St. Joseph's Health Care London
- **Roya Damabi**, Nourish
- **Wendy Smith**, Mohawk MedBuy Corporation

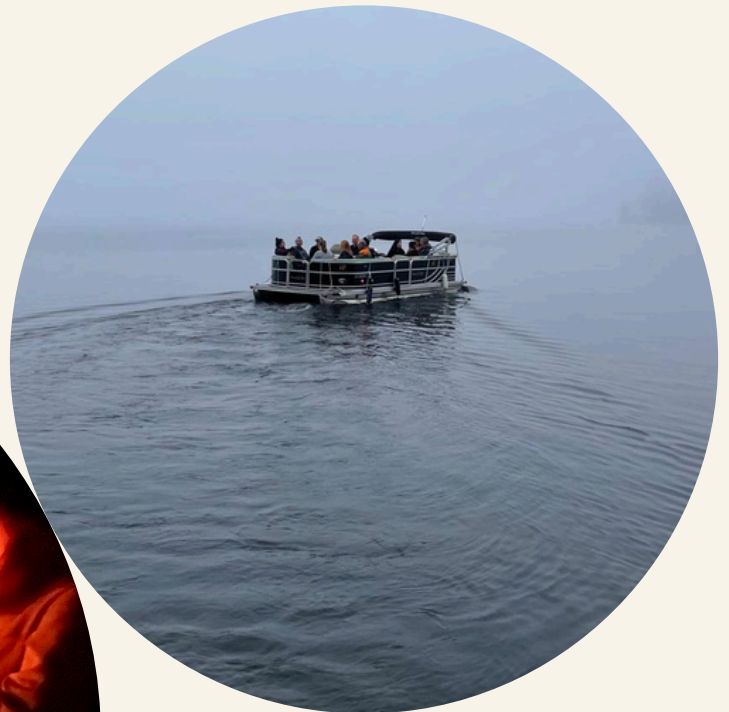
Departure

As one participant remarked around the fire, "it feels like I am sitting here surrounded by the future of food in health care."

Gathering at Wasan Island sparked many new connections the Nourish team looks forward to championing and supporting - between Anchor Cohort teams, changemakers in the food and health care system, and between topics and ideas that continue to exist in siloes. It is in these in-between and intermediary spaces where the benefit and meaning of time spent in relationship and collective work is most readily visible, and where we are best able to resource ourselves to persevere in the spirit of ajuinata.

Right...departing via boat into the mist.

Below..Closing campfire on the last evening together.



"Inspiring, connecting, grounding. I absolutely loved it. It was really helpful to make strong connections with like-minded people across the country, and start building a national agenda and collaborative."

Gathering Participant

“I want to say thank you to Nourish, because if I didn't attend that one week online retreat three years ago, if I did not hear all the program-related sharing, the pillar of procurement would not have appeared in our strategy. I just hope to make a point to say that the seeds are being planted and, naturally, they are growing. We are going somewhere. It will just keep persevering - the system, the tool, will be better. It will be.”

Gathering Participant



Nourish envisions a future in which the full potential of food as medicine is honoured and realized in Canadian health and food systems. We equip, connect, and lift leaders, both inside and outside the walls of health care, to leverage the power of food so that the health system can become more preventive, more equitable, and more sustainable.

Watch our video manifesto "[Ode to the Hospital Tray](#)"



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