



# Food is Our Medicine

A Nourish Program



## 2025 Food is Our Medicine Program

From February-December, 2025, join a group of like-minded peers to explore the intersection of food, culture, and healthcare. Learn how to integrate Indigenous foodways and culturally mindful choices into healthcare menus as a means of supporting Reconciliation and improved healing for all.

By registering for the 2025 Food is Our Medicine (FIOM) program you'll have access to incredible resources including:

- **Food is Our Medicine Learning Journey**

- 5 learning modules (Intro, Fall, Winter, Spring, Summer) filled with resources and reflection prompts.
- Self-guided, reflection prompts to be completed before corresponding theme of Virtual Learning Circle. Approximately 15 hours to complete, more if you go deeper.

- **Virtual Learning Circles**

- For each learning journey module, join fellow learners in interactive virtual sessions led by the Nourish team and members of the Indigenous and Allies Advisory (6 virtual sessions total; 5 learning modules plus a closing circle).
- These circles are an opportunity to hear from other learners, ask questions, and to learn directly from Indigenous leaders across Turtle Island.

- **Community of Practice**

- Between virtual sessions, connect with peers on the Learning Journey from across the country for continued learning and support.

- **Social media graphics and poster templates:**

- Access materials to share about FIOM on social media and within your organization.

- **Resources to help guide internal discussions within your organization**

- Access slide decks that provide a framework for future discussions at your organization.

- **Certificate of Completion**

- Receive a personalized certificate with your name and date upon completion of the Learning Journey.

Nourish is proud to offer a pricing model that prioritizes health, equity, and reconciliation. Our tiered pricing structure provides opportunities to cater to diverse needs while delivering maximum social impact.



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## Registration for 2025 FIOM Program

### Registration Lead Contact:

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Email: \_\_\_\_\_

Mailing address: \_\_\_\_\_

\_\_\_\_\_

Billing contact email (for invoicing):

\_\_\_\_\_

### Public Healthcare Organizations & Institutions

- ☐ \$1,500 for 1-5 seats
- ☐ \$2,800 for 6-10 seats
- ☐ \$5,300 for 11-20 seats
- ☐ \$7,000 for 21-30 seats

*For 30+ seats contact for pricing*

### Private Sector Businesses

Number of Individuals \_\_\_\_\_  
\$900 per seat

### Indigenous Communities

Number of Individuals \_\_\_\_\_  
*No cost to participants*

### REGISTRATION DEADLINE:

**February 12, 2025. Send completed form to [indigenousfoodways@nourishleadership.ca](mailto:indigenousfoodways@nourishleadership.ca)**

### Self-guided Pay What You Can Access:

This option is for individuals who are not yet ready to join the national community of practice and virtual learning circles. You will have access to the learning journey to complete at your own pace, independently.

**Please note, this option does not include participation in learning circles or a personalized certificate.**

**[CLICK HERE](#)** to start your self guided learning journey (*you do not need to submit this registration form*).

**If you have any questions or need more information, please don't hesitate to reach out to:**  
**[indigenousfoodways@nourishleadership.ca](mailto:indigenousfoodways@nourishleadership.ca)**