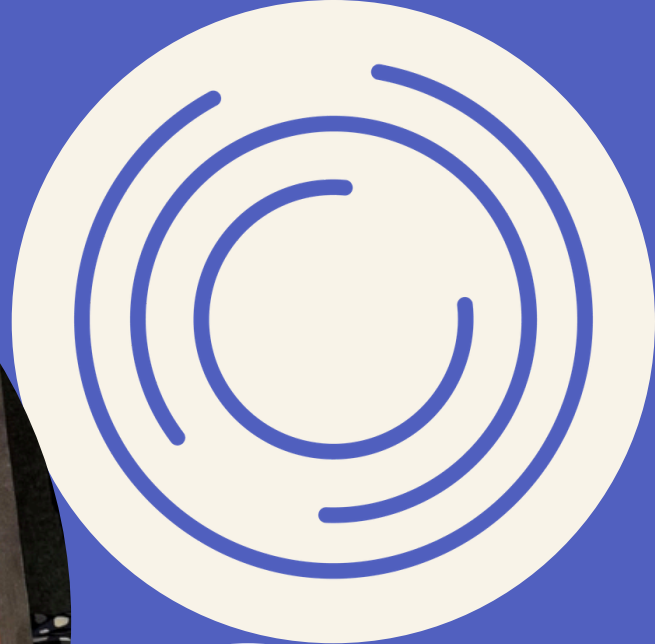




Impact Report

**Nourish Third Anchor Cohort
2023-2025 | Team Six Nations**

Ogyqhsraniyqhsdqh: Growing
Partnerships for Food Sovereignty
and Sustainability in Six Nations

Visionary health care leaders dedicated to transforming food and health systems across community, institutional, and policy scales, in the national Nourish cohorts.

Nourish's Anchor Cohort is a two-year national innovation program. The program's goal is to support health care systems across the country to develop anchor leadership and to deepen commitment to food as lever for health and well-being.

Through collaborative learning, innovative projects, and shared resources, cohort members drive change where food and health systems intersect. Cohort members lead projects that weave together sustainability, equity, and well-being to drive systemic change in food and health systems.

"Many of our successes have come from other cohorts' experiences, including both successes and downfalls with their work. We learned we don't need to reinvent it, just adapt proven concepts for our own work."

Cohort team members working together to develop their collaborative projects.

Third Cohort team members at the Food for Health Innovation Retreat at Wasan Island, September 2025.

[Click here to learn more about Nourish's Anchor Cohort program and meet the teams.](#)



Meet Team Six Nations

Six Nations Department of Well-Being is a department of Six Nations of the Grand River Elected Council. As a department, they offer health care, programs and services to community members across the lifespan. Their mission is to create a safe environment to guide, support, and care for community members on their wellness journey. Together, the Department values preserving the unique identity of the Six Nations Community through their commitment to Sga:t Dewadagenawa'se (Cooperation/Working Together), Ga'nigohiyo (Good Mind), Eṣad'eshasdqh (Strength), Dędwadadrihwanqhkwa:k (Respect), and Gędaqhsra' (Compassion).

McMaster University's Indigenous Health Learning Lodge (IHLL) works alongside the Faculty of Health Sciences towards creating a learning environment that is culturally safe – to work with humility to enable sustainable systems change and to advance the work around concepts of truth, reconciliation, and anti-colonization with all aspects of Indigenous health and well-being.



Indigenous Health
Learning Lodge



(Below Left) Sara Montour, Kaya Hill, and Dr. Adrienne Lickers Xavier participate in a learning journey at the Askiy Project Gardens in Saskatoon, part of Nourish's 2023 Food for Health Symposium.



(Above Right) Kendal Garlow, Kelly Gordon, and Debra Jonathan at Nourish's 2024 Food for Health Innovation Retreat on Wasan Island.

Ogyqhsraniyqhsdqh: Growing Partnerships for Food Sovereignty and Sustainability in Six Nations

Team Six Nations' Story of Change

The Ogyqhsraniyqhsdqh Project emerged from a clear message from the Six Nations community: a desire to reconnect with and access original Haudenosaunee foods. At the Six Nations Department of Well-Being, we operate with a wholistic model that recognizes the full health of our community members, clients, and program participants. Food is central to health and healing. This project aimed to reclaim food sovereignty, strengthen community well-being, and shift our programs and services to reflect Haudenosaunee values and teachings.

We envisioned building a department-wide food system that honours Haudenosaunee cultural traditions, strengthens collective identity and relationships through food, and builds capacity for long-term change. Qgyqhsraniyqhsdqh in Gayogho:nq' (Cayuga Language) means "it makes our breath good" or "it strengthens our breathing" in relation to our foods. The project title and logo represent our commitment to nurturing a healthy food system by caring for the waters, lands, and non-human beings that support our community's well-being for generations to come.

Ogyqhsraniyqhsdqh has been a collective effort, shaped by the reflections, insights, and perspectives of both partners: the Six Nations Department of Well-being and McMaster University. Qgyqhsraniyqhsdqh refers to our shared work and goals.



Our guiding statement was created by members of the Qgyqhsraniyqhsdqh team in partnership between Six Nations Department of Well-Being and McMaster University colleagues. It states, “In our community of Six Nations, and more specifically within Six Nations Department of Well-Being programs and services, there is a strong desire for knowledge of and access to our original Haudenosaunee foods.” This guiding statement was created based on our Six Nations Community Plan and in response to previous community outreach and surveys that documented a strong desire within our community to reconnect to our traditional foods.

To achieve lasting change, we set tangible, achievable goals that would scale up over time and eventually lead to structural change for the benefit of our community. The project was guided by five interconnected pillars, which also served as working groups:

- *Food Strategy*: Build a shared organizational understanding of food provision across Six Nations Department of Well-Being and Six Nations of the Grand River.
- *Produce*: Strengthen a network of local growers, hunters, harvesters, and food producers to build collaboration and work toward food sovereignty.
- *Distribute*: Address barriers to storing and preserving Haudenosaunee foods by investing in infrastructure and tools to preserve and store seasonal foods for year-round access.
- *Consume*: Ensure Haudenosaunee foods are offered in everyday meals within our Iroquois Lodge long term care and Jay Silverheels Complex supportive housing facilities.
- *Waste/Sustainability*: Create a pathway toward a net zero food system, reducing food waste and greenhouse gas emissions.

The working groups enabled team members to explore specific areas of focus and community well-being in Six Nations. Staffing and capacity changes led us to pivot toward a unified leadership team that still honours the five focus areas. As the project developed, each working group evolved through their targeted initiatives while engaging in ongoing conversations about shared goals and collective learning. Staff were invited to join the working groups that aligned with their personal and professional interests, allowing them to contribute meaningfully while developing skills and knowledge in areas they were passionate about.

(Below) Claire Nanda, Kyleigh Farmer, and Sara Montour at a community blueberry picking event.





"It was a very enjoyable evening and the soup and cornbread was delicious. It was nice to spend time with like-minded people wanting to learn foraging, and seeing children attending was awesome! Thank you for putting this together and the journal was a very nice gesture and memory of our evening together. Thank you."

– Fall Foraging Program Participant

The Food Strategy Working Group led the development of a Haudenosaunee Food Definition, drawing extensively on community engagement and input from members across the life span at multiple events. This definition has begun to guide program decisions and practices throughout the Department of Well-Being, with hopes to guide department-wide policies in the future. Staff-based Haudenosaunee Food Workshops have been implemented to support our colleagues to learn about and engage with Haudenosaunee food practices. Knowledge translation occurs through workshops, conversations, and shared resources, helping staff to shift their understanding of food, culture, and identity. These sessions reinforced that everyone in the community - whether a member or visitor - plays a role in the food system.

The Produce Working Group hosted two Producer's Gatherings, bringing together farmers, caterers, hunters, fishers, and foragers. During these gatherings, participants shared meals and engaged in discussions about collaboration, visions for food sovereignty within Six Nations, and steps to create a community food producers' collective. These events strengthened relationships among local food contributors and laid the foundation for future partnerships.

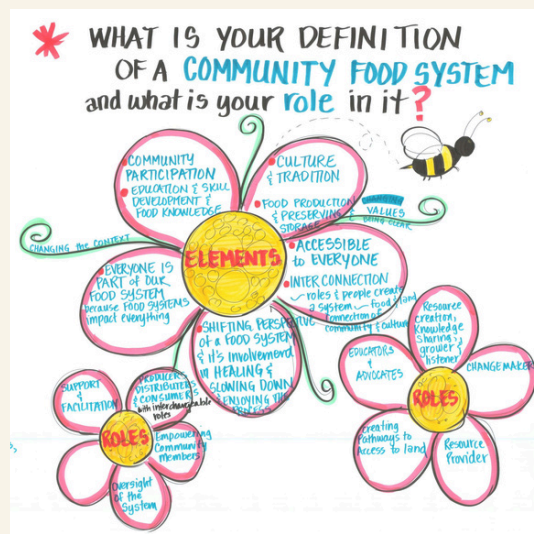
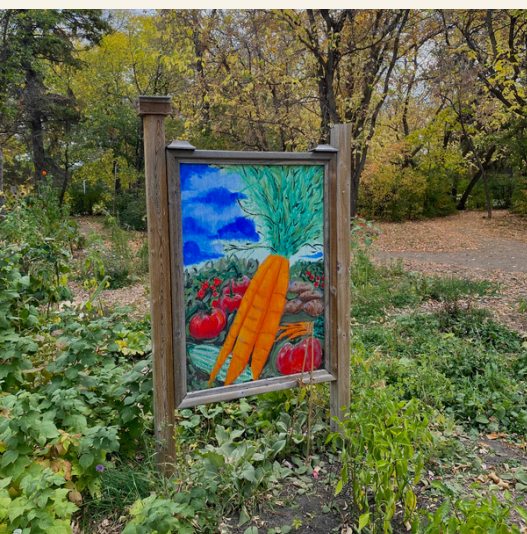
The Distribute Working Group focused on improving access to Haudenosaunee foods through preservation and storage initiatives. Early in the project, a commercial freeze dryer was purchased to preserve seasonal produce such as corn and strawberries. These freeze-dried foods have been used in program meals and distributed to clients and community members. Despite these successes, the lack of dedicated space for food preservation and storage remains a key challenge and priority for future work.

The Consume Working Group introduced seasonal taste tests at Iroquois Lodge and Jay Silverheels Complex. Residents sample up to five Haudenosaunee-inspired dishes, voting on their favourites, which were then added to seasonal menus. This approach ensures that food provision reflects the voices and preferences of the residents while improving access to Haudenosaunee foods on a regular basis. Considerations like meal budgets and policies governing approved food sources restrict sourcing locally-produced food, which as a team we continue to navigate.

The Sustainability/Waste Working Group launched a pilot composting program using a Lomi countertop composter in the central building. Over 18 months, the program converted 300 liters of kitchen scraps into compost. The success of this pilot led to the purchase of 20 additional Lomis for schools and kitchens, demonstrating a growing commitment to waste reduction and circular food practices across programs.

Across these efforts, we saw transformation unfold in many ways, from individual experiences to organizational culture. The Qgyqhsraniyqhsdqh project led powerful change across the Department of Well-Being and in the broader community of Six Nations. At Iroquois Lodge and Jay Silverheels Complex, seasonal taste tests allowed elders autonomy over foods on their menu, encouraging individual preferences and suggestions. At the same time, Haudenosaunee Food Workshops for staff strengthened cultural knowledge, shifting organizational mindsets and helping staff see themselves as active participants in the food system, growing more confident in supporting culturally relevant programming. Beyond the facilities, the Producer's Gatherings created new connections and relationships among local farmers, hunters, fishers, harvesters, and caterers, building collaboration and laying the groundwork for a community-led producers collective.

(Below, L-R) Garden signage. Initial brainstorming of roles and responsibilities identified at the 2023 Qgyqhsraniyqhsdqh Inspiration Gathering. Maple syrup production as part of a staff Haudenosaunee Food Workshop.



"Our partnerships and relationships expanded significantly, strengthening connections with growers and food knowledge keepers, laying the groundwork for a food producers' collective. These relationships extended into our department, where leadership and front-line staff often face disconnect when curating and facilitating programming and services based on community interests/needs. The dynamic of this project allowed us to collaborate in a way where leadership and front-line staff worked together towards a common goal. This collaboration is reminiscent of the ways that the Three Sisters grow and support each other in the garden; in our case, ensuring everyone feels supported in the development and facilitation of this project and its goals."

– Qgyqhsraniyqhsdqh Project Leads

Throughout the project, the team learned valuable lessons. Successes included redeveloping menus from community voices, implementing tangible tools such as the freeze dryer and composters, and strengthening cross-departmental collaboration. Challenges included maintaining momentum in working groups amid staffing changes, navigating infrastructure gaps like storage space, and addressing policy and regulatory barriers surrounding meal sourcing. These challenges led to a pivot toward a unified leadership team, which streamlined communication and decision-making while still honouring each pillar. These experiences and lessons have laid a strong foundation for the next phase of food sovereignty work within our community.

Looking forward, the Qgyqhsranyqhsdqh Project calls for continued action to build the movement: securing funding for a dedicated community food hub, hosting a local food conference to strengthen producer connections, and expanding Haudenosaunee food initiatives into schools and childcare facilities. As one Six Nations community member said, “Mother Earth gives us food. Without food, we wouldn’t survive.” Restoring Haudenosaunee foodways is not just about nutrition - it is about identity, healing, resilience, and nurturing the deep connections that sustain our community.

Team Six Nations, September 2025



Members of the Qgyqhsranyqhsdqh Core Team, (L-R) Lori Davis Hill, Kitty RLynn Lickers, Rodney Miller, Yulian Pavlyuk, Dr. Adrienne Lickers Xavier, Kelly Gordon, Sara Montour, Kaya Hill, and Claire Nanda, at the Qgyqhsranyqhsdqh Inspiration Gathering in December 2023.



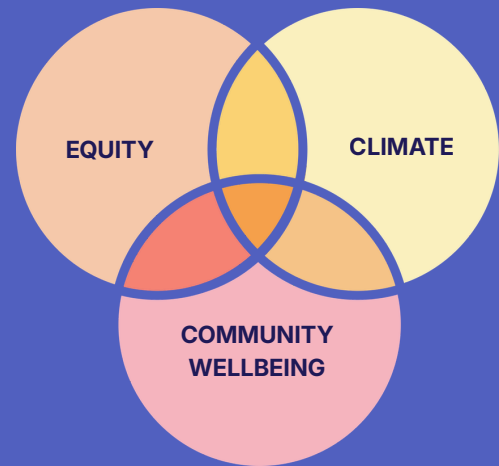
(Above, L-R) Yulian Pavlyuk, Kelly Gordon, Kitty RLynn Lickers, Dr. Adrienne Lickers Xavier, Kaya Hill, Claire Nanda, and Sara Montour at the Nourish Food for Health Symposium 2023 in Saskatoon, SK.



(L) Sara Montour and Avery McCorkell cooking around the fire for a community program.
(R) Dr. Adrienne Lickers Xavier, Kaya Hill, Lori Davis Hill, and Sara Montour presenting on the Qgyqhsraniyqhsdoh Project at the Chiefs of Ontario Health Forum 2023 in Toronto, ON



BIG HAIRY AUDACIOUS GOAL



Nourish takes a systems view of food for health transformation, working on leverage points at the intersections of equity, climate, and community well-being. All Cohort teams crafted a problem statement and identified indicators for mission achievement. Teams were also challenged to set a big, hairy, audacious goal - one that would set the course and their focus for the two year program. Teams set this audacious goal, knowing they would be unlikely to achieve it in the program timeframe; rather, their audacity was encouraged to set focus and commitment, knowing that shifting the status quo is a longer-term project.

TEAM SIX NATIONS: PROBLEM STATEMENT

In our community of Six Nations, and more specifically within Six Nations Department of Well-Being programs and services, there is a lack of knowledge of and access to our original Haudenosaunee foods. Our goal is to increase knowledge around these foodways to shift behaviours around the use of Haudenosaunee foods. This will include developing sustainable ways to increase the use of these foods within the community and our health care facilities.

Mission Achievement:

- The Community is self-reliant for food needs.
- Families are food secure.
- There is more food spending happening within community.
- There is more participation in growing, gathering, hunting, and fishing.
- Better access to Haudenosaunee foods within the community.



TEAM SIX NATIONS: INDICATORS

BHAGs	2023 BASELINE	2025
Six Nations of the Grand River is 100% food secure.	No food strategy in Six Nations Department of Well-Being or Six Nations of the Grand River.	Established list of current food programming and services (current and upcoming partnerships, timelines, and goals). Working with Departmental Senior Leadership and Elected Council on implementing future policies to promote Indigenous foodways and planetary health, and to create a Food Strategy. Created a financial code for food purchasing.
	No recycling or composting program within Six Nations Department of Well-Being.	Composter machine installed in program kitchen with a commercial-sized machine coming in 2026. Compost machines diverted 300L of organic materials into compost material for use in gardens. 20 composting machines for school and community use. \$23,400 directed to composting & food preserving equipment (freeze dryer and vacuum sealers).
All community members have knowledge & access to Haudenosaunee food practices & services.	No working definition of Haudenosaunee foods or a foods list is available.	Established a working Haudenosaunee Food definition and food list based in Haudenosaunee ideologies.
	Delivery of cooking and food literacy workshops.	Hosted two new seasonal workshops with 60 internal staff (Spring & Summer). Foraging & Cooking Around the Fire Programs reached 153 community members, partnering with Child & Youth Health, Allied Health, and facilitated by a community member or Elder. New collaboration with Registered Dietitians, Nutrition Activators, & Student Nutrition Program to bring nutrition education into the classroom in on-reserve schools, with activities focused on Haudenosaunee foods.
	No gatherings for community food producers.	Hosted two gatherings for community food producers, one specifically for community engagement. Engaged 18 local food producers/caterers in conversations and/or have offered their products, services, or expertise.
	No cohesive list of food vendors - rely on word of mouth.	Created a food producers list of community members who can support future programming and purchasing needs with the food they produce.
	Seasonally revised menus, excluding additional Haudenosaunee foods.	18,250 meals impacted by menu shifts and increasing Haudenosaunee foods. Seasonal revisions to menus include taste tests with residents for satisfaction surveying and include more Haudenosaunee foods.

TEAM SIX NATIONS: KEY OUTCOMES



Compost machines diverted 300L of organic materials into compost material for use in gardens.

Engaged 18 local food producers/caterers in conversations and/or have offered their products, services, or expertise.

Foraging & Cooking Around the Fire Programs reached 153 community members, partnering with Child & Youth Health, Allied Health, and facilitated by a community member or Elder.

18,250 meals impacted by menu shifts and increasing Haudenosaunee foods.

Created a food producers list of community members who can support future programming and purchasing needs with the food they produce.

Changing systems means embracing complexity.

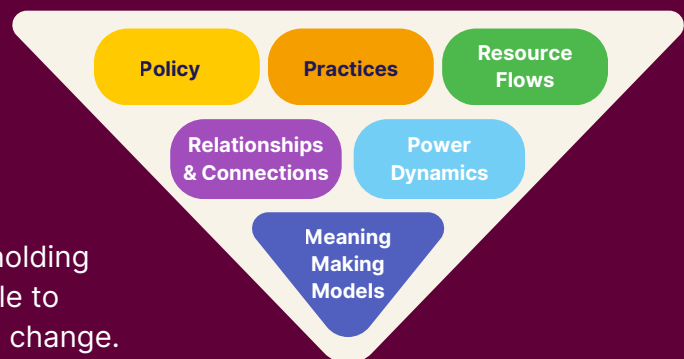
Systems change is a holistic approach to tackling large-scale societal challenges. It refers to the intentional and strategic effort to transform a system, first by building an understanding of how the system works, and then actively working to shift the underlying structures, behaviours, and mindsets that keep that system (the status quo) in place.

Systems change involves intentional effort to understand and address the **root causes** of complex issues, rather than only the symptoms, creating meaningful change and longstanding influence. For food for health systems, this can look like taking the Coolfood Pledge, increasing resources for local food sourcing, and changing how people understand the role of food in health and wellbeing.

Six Signals

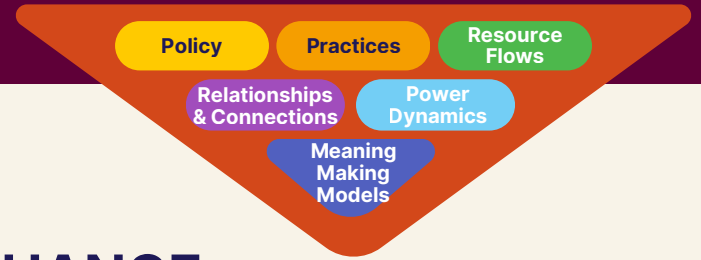
Along with quantitative indicators, **all Cohort teams tracked six signals of systems change**, noticing the influence of their work over time.

When teams better understood what was holding their systems in place, they were better able to determine when, where, and how to create change.



- **Policies:** Rules, regulations, and priorities. *E.g., CoolFood adoption, local food as a strategic priority, etc.*
- **Practices:** Activities, procedures, guidelines, or informal shared habits. *E.g., new composting programs, revisions to RFP processes, etc.*
- **Resource Flows:** How money, people/staffing, knowledge, information, and other assets like infrastructure are allocated and distributed. *E.g., new staff roles, increasing funding, etc.*
- **Relationships and Connections:** The quality of connections and communication, especially among those with differing histories and perspectives. *E.g., new relationships with Indigenous elders, etc.*
- **Power Dynamics:** The distribution of decision-making power, authority, and both formal and informal influence. *E.g., regular meetings with senior leadership, etc.*
- **Meaning Making Models:** Deeply held beliefs, assumptions, ways of thinking, and unconscious behaviours that influence how we think, what we do, and how we talk. *E.g., deeper understanding of the role of food in healing, etc.*

For more on signals of systems change, see [The Water of Systems Change](#) (2018) by John Kania, Mark Kramer, and Peter Senge.



TEAM SIX NATIONS: SIGNALS OF SYSTEMS CHANGE

Procurement adjustments made based on the Producers' Gathering vendor list.	CoolFood Pledge adoption and buy-in from both senior leadership and Ogyqhsraniyqhsdqh team.	Implemented a composting program at White Pines Wellness Centre kitchen, with plans to scale in community.
Food programming is prioritizing working with local food producers for food purchasing.	Menu shifts at Iroquois Lodge/JSC to include more Haudenosaunee foods in programming.	Connecting with community members to facilitate workshops.
Proposing adjustments to the Community Plan to include the food strategy.	Building and forming new relationships with community members for their services.	New working relationships with Nourish.
Increased funding for the Student Nutrition Program, creating opportunities to offer more Haudenosaunee foods in schools and for summer giveaways to support year-round nutrition.	Being intentional about including people with different levels of food access, consulting with the community at nutrition month events.	Scheduling consistent meetings with community vendors to gather feedback.
The belief that food grown by our community will help make us more food secure.	Providing evaluation opportunities to program participants to gauge any needed adjustments.	Engaging community in food strategy development so it can better apply to them.
Developing sustainable, circular practices in alignment with the CoolFood Pledge.	From Food is Our Medicine conversations, people increasingly see food as important to Indigenous communities, as healing, relational, and as a way to connect to self and others.	Shifting the belief that the food strategy does not apply to you if you are not from the community – If you are within the community, respectfully, you are part of the strategy.

Team Six Nations Spotlight: Defining Haudenosaunee Foods

Team Six Nations set out to collaboratively define Haudenosaunee Food with community members and partners to inform broader decisions about community goals related to food sovereignty, health, and cultural continuity.

The Food Strategy working group, gathering input from community members across generations, quickly recognized the complexity of defining Haudenosaunee food. Historical shifts between pre-contact and post-contact diets, alongside present-day realities of access, lifestyle, and community practices, have made it difficult to distinguish among Haudenosaunee foods, comfort foods, and foods specific to Six Nations today. The complexity was echoed by community members when asked, *'How do you define Haudenosaunee Foods?'* (see page 17).

The Food Strategy Working Group developed a Haudenosaunee Food Definition through extensive community engagement, gathering input from community members across generations. The group hosted conversations about roles and responsibilities relating to food within the community: how do we empower young people to carry on these responsibilities and maintain a relationship with the land? How can we ensure traditional food and food practices are carried on, and meet everyone where they are? The team sat in many conversations to arrive at a working definition of 'Haudenosaunee food', reflecting:

"When thinking of Haudenosaunee foods, we are reminded of the corn that grew from Skywoman's breasts, the beans from her hands, squash from her belly button, potatoes and sunflowers that grew from her legs, the strawberries emerging from her heart, and the tobacco that sprouted from her mind. From this, some of the first foods come to mind.*

Haudenosaunee foods include all plant and animal relations, not limited to the furred, the finned, the two-legged and four-legged, the foods grown, harvested, foraged, the fish caught, the game hunted, and the animals trapped on the territory. These foods have not only shaped roles and responsibilities within our own confederacy but amongst all nations across Turtle Island.

Historically, these foods have shaped our roles and responsibilities within communities, shifting due to the foods/seeds being traded via trade routes and evolving again with the introduction of new foods, which were adopted and shared to this day. Thus, Haudenosaunee food allows us to connect with the earth and ourselves on a deeper level and amongst the community.

The definition itself encompasses how food is eaten, shared, and the relationships between food, land, and bodies. These feelings can still be found today when food is shared within the community, cooked outdoors around a fire, or when the tastes and flavours match those that we would see in our loved ones' kitchens. Haudenosaunee foods can act as a portal to help one reconnect with ancestors, as well as with plant and animal relations, and the generosity continues to provide time and time again."

*This story of Skywoman mentioned here is one of many different versions.

Mohawk, J. (2005). *Iroquois Creation Story: John Arthur Gibson and J.N.B. Hewitt's Myth of the Earth Grasper*. Mohawk Publications.

Community Feedback

Here are some of the meanings Six Nations community members shared when asked, "how do you define Haudenosaunee foods?"

"Food that nourishes mind, body, and spirit."

"Seeds, plants, various animals, vegetables, fruit trees, leaves, flower petals."

"Foods that the Creator has given us in its purest form."

"Better than any other food."

"Foods that align with taking care of the land (i.e., respectfully hunted / gathered / prepared)."

"The Three Sisters: corn, beans, and squash."

"Foods that come from the earth we are made of. Our connection to the past and our ancestors."

"Food that doesn't have the five white gifts: flour, sugar, lard, salt, and dairy."

"Gardening with my children, hunting mushrooms, wild berry picking to pass on knowledge. We do it all as a family!"

"Any food a Haudenosaunee person eats (comfort food too!)."

"Foods that we are called to by our DNA evoking culture and language, spirit and ceremony."



The definition of 'Haudenosaunee Foods' will change and evolve, and is also subject to change based on perspectives and experiences shared in continuous conversations with community members. The foods considered to be included will also change based on the environmental landscapes, considering the various geographic locations of Haudenosaunee territories. For now, the team's working definition, outlined below, is helping to guide program decisions, policies, and practices.

Haudenosaunee Foods: Working Definition

Haudenosaunee Foods include all of our plant and animal relations – the furred, finned, two-legged, and four-legged, and the foods that are grown, harvested, foraged, fished, hunted, or trapped on Haudenosaunee territories. They are natural, whole foods from Mother Earth that nourish the mind, body, and spirit, gathered and prepared in ways that honour our responsibilities to the land. Haudenosaunee foods also include comfort foods and family recipes - corn soup, scones, chicken and dumplings, Indian cookies - foods that bring feelings of home, belonging, and community. Rooted in creation stories and ancestral teachings, these foods connect people to the land, their ancestors, and one another. They reflect historical roles and responsibilities, while evolving through trade, adaptation, and resilience over time. Sharing these foods – around a fire, in our homes, or within the community - sustains relationships, honours cultural identity, and strengthens collective well-being.



(Above, L-R) Community program meal consisting of Haudenosaunee foods; Lying flint corn; Haudenosaunee White Corn Salad.

Looking Ahead

Knowing that the work is not yet complete and will continue for the foreseeable future, Team Six Nations has set goals to carry this work forward.

Looking to the future, the team plans to work with community artists to bring the 'definition of Haudenosaunee food' to life, visually. This will expand onto logos and pamphlets to help share this story with community members.

The team will continue conducting bi-annual, seasonal taste tests at Iroquois Lodge and the Jay Silverheels Complex, ensuring residents guide their own menu options and the inclusion of Haudenosaunee foods. There is great anticipation that this project will have further impact on students as the team expands its efforts into Six Nations elementary schools and child care facilities.

With the momentum created by the Haudenosaunee Food Workshops for Six Nations Department of Well-Being staff, the team aims for these to continue going forward, building these seasonal workshops based on staff feedback. The project has also given the team time to reflect on where to go from here and enhancements they could make, with many ideas for new or enhanced programs:

- Community Market
- Community/Haudenosaunee Food Hub
- Composting Program
- Food Forest
- Indigenous Food Pantry
- Incentives for Local Producers
- An Upcycle Kitchen
- Community Soup Kitchen
- Haudenosaunee Food Conference

While structural policy change remains ongoing, the team influenced practices and resource flows within the Department by bringing more attention to how food is procured, prepared, shared, and considered. While the team completed work addressing all of their initial goals and outcomes, they do not consider any of them fully achieved: these goals are constantly evolving, growing, and cyclical, and will take significantly longer than the duration of this cohort to achieve fully. The Qgyqhsranyqhsdqh Project team hopes to gather on a quarterly basis to discuss progress, share successes and challenges, and brainstorm ways to navigate next steps in a supportive environment.

"Knowing that we would love to see food sovereignty in our community, we do understand the varying barriers and challenges present within the Six Nations community. This project is a continuation of the work started by our ancestors, laying the foundations for future generations to reclaim the food and relationship to the land that they deserve."

– Qgyqhsranyqhsdqh Project Leads

"As a group of Project Leads, we have learned that systems change is non-linear. It does not follow a straight path, and progress often looks like cycles of growth, reflection, and adaptation. Early on, we realized that real, lasting change begins at the individual and team level. By working together as co-project leads, we built upon the initial starting points and structures to continue this work beyond the scope of the project.

Being a community-focused, Indigenous-led department, we've learned the importance of grounding our work in Haudenosaunee values, teachings, and ways of knowing. This perspective has shaped not only our approach, but also how we navigate challenges and opportunities. We saw firsthand how crucial it is to foster relationships and accountability within our team, department, and the broader community.

Through this process, we also learned to balance vision with practicality - holding on to big, transformative goals while taking tangible, achievable steps. This has meant staying flexible and responsive, especially as capacity and resources shifted over time.

Moving forward, we will carry with us a deeper understanding that systems change is about relationships, patience, and persistence. The foundations we have built - through our five interconnected pillars - will guide future work, ensuring that Haudenosaunee foods and teachings remain at the heart of our programs, services, and community well-being."

– Qgyohsraniyohsdqh Project Leads



(Above) Graphic recording by PM Hubbard & Associates illustrating highlights from the Qgyohsraniyohsdqh Celebration Gathering in Six Nations, December 2025, to wrap up the success of the two-year project and discuss plans and ideas for carrying the work into the future.

Acknowledgements

We acknowledge the work of our co-leads, the relationship between them, and hold the people who support us in the highest regard. The Ogyqhsranyqhsdqh Project has flourished thanks to the unwavering support, thoughtful guidance, and active engagement of our incredible team members, past and present. Nya:weh/Nia:wen/Yaw^ko to everyone who has contributed to this journey over the past two years, and to those who will continue to stand with us as we bring our vision to life. Your dedication makes our work - and our community's future of food sovereignty - possible.

– *Team Six Nations*

Team Leads

Kaya Hill	Sara Montour	Avery McCorkell
Kendal Garlow	Kyleigh Farmer	

Six Nations Department of Well-Being / Six Nations of the Grand River

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Claire Nanda	Taylor Van Velzer	Quinton Martisius	Rhonda Yetman
Yulian Pavlyuk	Rodney Miller	Chelsie John	Keri Howell
Joanna Cayuga	Bruce Longboat	Lynne Skye	Britney Rogerson
Sara Curley Smith	Crystal Burning	Lori Monture	Heidi Emery
Lisa Dietrich	Jessie Gartshore	Grace Hess	Jacqueline Smith
Laura Todd	Janet Gasparelli	Lynnette Miller	Ann Zhang
Sara Martin	Debra Jonathan	Amber Gowland	Cindy Martin
Andrew Joseph	Karissa John	Taylor Chalmers	Eve Kahama

McMaster University

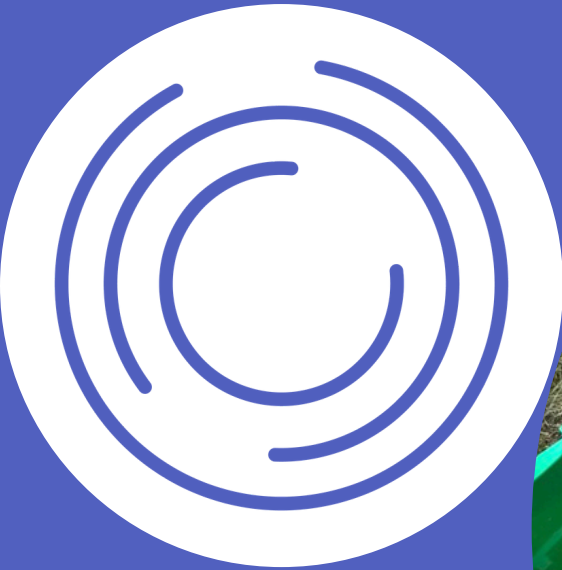
Adrienne Lickers-Xavier	Lori Davis Hill	Hiliary Monteith
Kitty R.Lynn Lickers	Kelly Gordon	Bonnie Freeman

Third Anchor Cohort: Team Leads

Elaine Chu (BC)	Michelle Stranges (London)
Dana Marshall (NL)	Heather Goodison, Shelly Durrant, & Donna Kwan (Toronto)

Nourish

Roya Damabi	Hayley Lapalme	Jennifer Reynolds
Amy Ford	Ngaire Leaf	



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Nourish

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