

Food is Our Medicine



NOURISH



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Self-Guided

Free

donations welcome

- ✓ Access to course PDF's
- ✓ Access to FIOM posters
- ✓ Online digital resource library
- ✓ General certificate of completion
- × Learning Circle Access
- × Personalized certificate
- × Community of practice
- × Tailored animation sessions
- × Support from Nourish team

Animated Learning

\$1,500+

2023 access to:

- ✓ Access to course PDF's
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- ✓ Access to FIOM slide deck for group work
- ✓ Online digital resource library
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\$1,500 for 1-5 licenses
\$2,800 for 6-10 licenses
\$5,300 for 11-20 licenses
\$7,000 for 21-30 licenses
\$10,000 for 31-50 licenses
50+ contact us for pricing

Tailored-Value

\$15,000

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Food is Our Medicine (FIOM) is designed to introduce health care professionals and leaders to new and different ways of understanding the complex relationships between Indigenous foodways, reconciliation, healing and health care.

WHAT TO EXPECT

With FIOM Animated Learning, you will have opportunities to connect with other health care teams, learn and reflect on (de)colonization, the perspectives, cultures and foodways of various Indigenous communities, and steps you can take toward honouring Indigenous worldviews in health care. FIOM highlights and celebrates the diversity of Indigenous foods and foodways across Canada, encourages introspection, and promotes food as medicine.

WHO SHOULD PARTICIPATE

- Health care teams that want to work towards Reconciliation and advance TRC calls for Health
- Teams who would like to find ways to bring Indigenous, local, sustainable foodways into health care for patients and families
- We envisage that teams are comprised of diverse members of a health care organization: Health care leaders, clinical staff, including physicians and nurses, directors of support services, dietitians, food service managers, supply-chain partners, patient and family organizations, medical students, researchers, academics



SCHEDULE OF VIRTUAL LEARNING CIRCLES IN 2023

Meet with other learners engaging in all points of the FIOM Learning Journey to discuss emerging topics and reflections. Each session will be from **12:00 PM ET - 1:00 PM ET** on the following dates in 2023: May 24, June 29, July 26, August 30, October 25, November 29 & December 6.



ACCESS DIGITAL LEARNING TOOLS & CERTIFICATES

- The Food is Our Medicine, Learning Journey is a 5 part online course, (15-30 hour commitment) with a certificate of completion
- Previous FIOM webinars on Youtube
- Printable posters and assets to share at your organization
- Online Digital Library on the Nourish website
- Personalized and general certificate of completion

TO REGISTER YOUR TEAM FOR 2023, VISIT:

www.nourishleadership.ca/fiom-overview



QUESTIONS, EMAIL US AT: indigenousfooways@nourishleadership.ca