



Food is Our Medicine

A Nourish Program



Register your team for the 2025-2026 Food is Our Medicine Learning Journey

Register before September 30th National Day for Truth and Reconciliation and save 10% with code TRC10. Registration deadline is October 24.

By embracing traditional practices and integrating culturally appropriate food into hospital meals, Food is Our Medicine guides health care and food professionals in decolonizing food and health care systems.

Nourish invites health care organizations to make a commitment to decolonizing menus and health care operations by enrolling your team in the 2025-2026 Food is Our Medicine community of practice running October 2025 – June 2026.

Join us in this transformative learning journey to create a more equitable and nourishing world.

Sign up today before the deadline—October 24, 2025!



You asked for it: a learning journey that follows the seasons! From October 2025 to June 2026, join a group of Indigenous and settler guides, and like-minded peers to explore the intersection of food, culture, and healthcare.

By registering for the 2025-2026 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.



2025-2026 Registration Pricing

Come as a team. (Un)learn as a system.

We strongly encourage group registrations for maximum impact from the learning journey.

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For Public Health Care Organizations

Benefit from discounted rates to advance public health goals and improve access to culturally appropriate food in health care.

Hospitals, and government departments can access the 2025 Food is Our Medicine community of practice with the following pricing:

Seat(s)	Price (CAD)	Info
1	\$750	*See below
2-4	\$650 each	13% less per seat
5-10	\$595 each	Most popular. 23% less per seat. Includes 2x 60 min personalized check-ins.
11+	\$495 each	Best value 34% less per seat. Includes 2x 60 min personalized check-ins.

*If you belong to an Indigenous community, are a low income or BIPOC individual without institutional funding, pay what you can from \$250-\$500.

**Teams of 5 or more from the same organization receive a personalized 60 minute midpoint check-in and 60 minute debrief call.

Need a more flexible timeline for your team? Contact us for private group pricing that allows you to schedule the learning journey on your team's timeline and to suit your learning objectives.

TO REGISTER – **Individuals** [use this link](#)

TO REGISTER – **Teams**: Complete the registration form linked below. Once we receive it we'll prepare an invoice and send you customized registration codes for your team (seats are transferable until the first virtual learning circle).

For Private Sector Businesses

Benefit from customized pricing plans that align with sustainability and equity goals.

Private sector businesses can access the Food is Our Medicine pricing of \$900/person.

TO REGISTER – Private Sector: Complete the registration form linked below. Once we receive it we'll prepare an invoice and send you customized registration codes for your team (seats are transferable until the first virtual learning circle).

For Indigenous Communities

Full access to the self-directed learning journey remains available at no cost to Indigenous communities to support health, well-being, and cultural revitalization.

Indigenous communities can access the animated community of practice via Solidarity Pricing below.

TO REGISTER – Indigenous Communities Self-directed: Complete the registration form linked below and we'll be in touch with further information

Solidarity Pricing

This price level may be for you if you are a member of a group or organization focused on collective liberation and/or economic justice owned or governed by Black, Indigenous, racialized community members, immigrants, individuals challenged with visible or non-visible disabilities, 2SLGBTQIA+, or individuals in lower socioeconomic situations, particularly those without access to institutional funding and/or support.

Students who are interested in Food is Our Medicine are encouraged to share the Post-Secondary Pricing below with their faculty.

Pay what you can \$250-\$500

TO REGISTER: Solidarity PWYC – Complete the registration form and we'll follow-up with further information.

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



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Food is Our Medicine Learning Journey Post-Secondary Pricing

Built for universities and colleges ready to grow culturally grounded, climate-aligned food leadership. All tiers include personalized certificates for learners who complete Food is Our Medicine modules.

1) Self-Directed

Learners complete FIOM at their own pace with guidance prompts within one-year online subscriptions (campus lead/faculty supports locally)

Includes:

- 1-year access to FIOM online modules
- Personalized certificates on completion
- Light-touch onboarding email kit for faculty to share with students.

Students	Included Faculty	Price (CAD)	Eff. \$/student at top of band
1-30	1	\$5,000	\$166.67
31-60	2	\$8,000	\$133.33
61-100	3	\$11,500	\$115.00

2) Walking Together — Animated General Cohort

Everything in Self-Directed plus adds:

- six public live virtual learning circles (recordings not provided - see details below*)
- 1× onboarding call (60 min)
- 1× debrief/impact call (60 min).

Students	Included Faculty	Price (CAD)	Eff. \$/student at top of band
1-30	1	\$10,000	\$333.33
31-60	2	\$14,000	\$233.33
61-100	3	\$18,500	\$185.00

Full Walking Together package includes: 1-year access to FIOM online modules • Personalized certificates on completion of modules • Light-touch onboarding email kit for faculty to share with students. • Six public live Nourish virtual sessions (recordings not provided - see details below*) • 1× onboarding call (45–60 min) • 1× debrief/impact call (45–60 min)

3) Sitting Around the Fire — Animated Private Cohort

Everything in *Walking Together*, **plus adds: 6-hour bundle of private, guided virtual sessions** to support your learners throughout the year (case clinics, office hours, implementation workshops).

- Summary notes for faculty/Dean after the debrief.

Students	Included Faculty	Price (CAD)	Eff. \$/student at top of band
1-30	1	\$15,000	\$500.00
31-60	2	\$19,000	\$316.67
61-100	3	\$23,500	\$235.00

Full package includes: 1-year access to FIOM online modules • Personalized certificates on completion of modules • Light-touch onboarding email kit for faculty to share with students. Six public live Nourish virtual sessions (recordings not provided - see details below*) • 1× onboarding call (45–60 min) • 1× debrief/impact call (45–60 min) • a 6-hour bundle of private, guided virtual sessions to support your learners throughout the year (case clinics, office hours, implementation workshops). • Summary notes for faculty/Dean after the debrief.

Anchoring Reconciliation (Special Offering limited to 2 campuses)

For the post-secondary organization who is interested in bringing action to their reconciliation journey. This includes everything in Sitting Around the Fire **plus**: facilitation of **a day-long on-campus kickoff workshop** with students and faculty, and facilitation of **a day-long learning-journey integration workshop** co-created with students.

- **Add \$15,000** to Sitting Around the Fire pricing **plus workshop expenses and travel for a knowledge keeper and a facilitator**. Note that we will prioritize local facilitators or those with existing relationships to your campus.

Details

- Billing: annual invoice (Net 30).
- Seat flexibility: swap learners registration anytime in the first three months for Walking Together and Sitting Around the Fire levels.
- Extra faculty seats: \$600/year each.
- *Public virtual session scheduling: public virtual session calendar released at the beginning of cohort; recordings are not available as sessions include elements of ceremony and are confidential to participants. This is an intentional choice to maintain the quality and integrity of the learning journey.
- Private session scheduling: Private sessions require minimum 14-day lead time for booking; unused hours expire at year-end. To make up for missed sessions may be added to your package for a fee.
- Equity bursaries: unaffiliated Indigenous learners or those whose post-secondary organizations are unable to pay for FIOM can access the self-directed learning journeys with a free one-year subscription. Post-secondary programs serving primarily Indigenous learners may contact Nourish to discuss PWYC pricing if it is a barrier.

Why FIOM? Students learn to connect food, culture, and care—advancing health equity and climate action. We make it practical, empowering, and deeply human to journey towards reconciliation.

Ready to explore the right fit for your campus?



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