



# Food is Our Medicine

A Nourish Program



## 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?



**Food is Our  
Medicine**  
A Nourish Program