Margaret Edgars Reconciliation Recognition Award Inaugural Recipient (2023)

Charlotte Pilat Burns

Saskatchewan Health Authority

Charlotte Pilat-Burns was a member of the first Nourish Innovator Cohort and has worked tirelessly to bring Indigenous foodways to the trays of patients in hospitals throughout the Saskatchewan Health Authority. Charlotte understands and demonstrates the importance and sacredness of relationship building as a first step to connecting community with the food that will contribute to healing on many levels.

A Registered Dietitian at the Saskatchewan Health Authority, she promotes the importance of food in healing and nourishing the body, mind, and soul. As a Nourish Innovator, she collaborated on several national projects including Indigenous Foodways and Sustainable Menus. Charlotte is Métis and is actively learning more about the land we live on as part of the pathway to Reconciliation.

Charlotte worked with the Saskatchewan Health Authority as the Regional Food Services Manager (up to June 2021) then she moved into Transition Specialist (2021-22). She is a founding members of Nourish's Traditional Foods Program and has been part of the Nourish Indigenous and Allies since it began (2017 onward). She was part of the team that worked on the Sustainable Menu Guide (2017-20) and was part of Nourish's Food Rx grant award selection committee (2020), part of the planning team for the 2023 Nourish Symposium, and most recently is part of CHEP Good Food Inc - volunteer and on Board of Directors (June 2023).

"Charlotte leads with the same quiet but bold humility that Margaret guided us with. Her leadership is characterized by a real understanding that systems change starts at a personal level - exploring the relationship with yourself can cascade into powerful shifts in the system around you. Just as it did here with a celebration and valuing of Métis culture and foods and of Indigenous Foodways generally. We see Margaret's legacy vividly in Charlotte. Putting the love in food was something that Margaret held near and dear to her heart and every day practice. She shared this understanding with her family, community and with Nourish. As she would say: When you feel love from your food it helps you heal. Food is medicine. Food is love. Miigwech Charlotte for sharing this way of doing and carrying on Margaret's work so it will not be forgotten and inspires others to walk this path as well." - Hayley Lapalme, Executive Director, Nourish

Margaret Edgars Reconciliation Recognition Award

Nourish is pleased to share that we will be presenting the first **Margaret Edgars Reconciliation Recognition Award: "Food is Love," Nourishing Traditional Food in Health Care and Community** at Symposium 2023. This is a new award gifted to a person in the Nourish community for elevating Indigenous foodways throughout Turtle Island.

The Margaret Edgars "Food is Love," Nourishing Traditional Food in Health Care and Community Award is awarded on a series of actions through Nourish programming that serves to recognize, respect, honour, and advance Indigenous foodways in community and health care settings. This includes acknowledging the history, land, and water in such a way that creates a positive and inclusive community of practice with lasting impacts for future generations.

For those who may not have known, Margaret Edgars passed away unexpectedly earlier this summer. Margaret had five children Terry, Irvin, Bonnie, Blossom and Oscar. She also had 11 grandchildren and 15 great-grandchildren. Margaret was an important friend, mentor, and Elder to Nourish for over six years, and a founding member of the Nourish Indigenous and Allies Advisory.

As an Elder in Gaw (Old Massett), Margaret sat on a number of health and land-based committees for decades that focused on saving the trees, plants, traditional medicine, and food of the island. Margaret shared a strong vision and guided us along as we built Food is Our Medicine. Raised traditionally on her ancestral lands and rivers in the north island of Haida Gwaii, Margaret grew up on the land, was taught to pick berries, catch and can fish. She lived her culture every single day. Her constant reminder to 'put love in the food' echoes in the work across the Nourish team, Cohorts and Action Learning programs, advancing Reconciliation by individuals and organizations throughoutTurtle Island.