Nourish

Margaret Edgars Reconciliation Recognition “Food is Love” Award

Nourishing Traditional Food in Health Care & Community 2025 Recipients

In honour of Margaret Edgars, who passed into the Spirit World in summer 2023, Nourish created the Margaret Edgars Reconciliation Award. The award is presented to individuals or organizations advancing Indigenous foodways in community and health care settings. These actions include acknowledging the history, land, and water in ways that create positive, lasting impacts for future generations. This also includes what Margaret always kept front and centre in our conversations: the importance of “putting the love in food.”

Laura Salmon has led the field and practice of making traditional foods accessible to patients in health care for 25 years. She has mentored so many in dietetics, in thoughtful governance, and in meaningful settler-Indigenous collaborations. Laura has shared her wisdom as a Nourish board member, a member of the Nourish Indigenous & Allies Advisory, and as one of the co-authors of the Food is Our Medicine learning journey, all while maintaining her role as Director of First Nations Health Programs at the Yukon Hospital Corporation, ensuring self-identifying Indigenous patients have access to the cultural dimensions of care to support their well-being. Laura’s work exemplifies the spirit of Margaret Edgars: honouring knowledge, culture, and the land, while strengthening relationships that lead to real, lasting change.

Northern Health exemplifies commitment to settler-Indigenous collaboration on traditional foods. Shelly Crack, Tessie Harris, Jenny Cross, and Margaret Edgars herself joined the first Nourish cohort back in 2017, deeply committed to expanding access to traditional food for community members on Haida Gwaii. The team honours Haida wisdom and culture by holding it as the central guiding force of their efforts, which include navigating colonial mindsets and policies around food safety, to ensure elders and patients had access to salmon, oolican, berries and the culture that supports their healing while they are in care. For their deep commitment to doing work around valuing Indigenous knowledge and carrying out Margaret’s vision of food as love and food as medicine, we recognize the remarkable team at Northern Health.