



Indigenous Food First

iffculture.ca

# GET THE TRUTH CLIMATE CHANGE

*WHEN THE CLIMATE IS RIGHT,  
OUR INDIGENOUS FOODS THRIVE,  
AND SO DO WE.*

What was winter like when your grandparents were your age?

Does it rain more or less now than it used to?

Does spring come earlier or later than it used to?



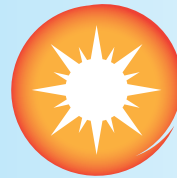
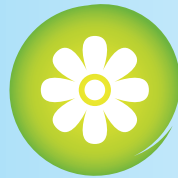
## ARE YOU HEATING UP OR COOLING DOWN?

A changing climate may limit our access to indigenous foods, medicinal plants, and sacred species. If access is limited, it will impact the physical health and cultural survival of First Nation peoples. In the past, we were less likely to become diabetic because we lived off the land, hunting trapping, fishing, and gathering indigenous foods<sup>1</sup>.

## WEATHER OR CLIMATE?



**Weather** is what we get day-to-day.



**Climate** is what we expect to happen season-to-season, year-to-year.

## CLIMATE CHANGE

Climate change is the long-term shift in the climate of a specific location, region or planet<sup>2</sup>. Changes in temperature tell us that the world's climate is changing. Global temperatures are increasing by at least 2°C which means changes in weather. Every area is different. Regions are experiencing extreme heat, cooling, more fire, drought or flooding.

## THE THREAT

Changing temperatures will result in changes to Mother Earth—our land, air, and water—all the things that are interconnected and essential to the web of life.

Here are some examples of the ways climate change poses a threat to indigenous food security<sup>3</sup>:

	CHANGES	THREATS
<b>FOODS</b>	Abundance and distribution	Indigenous foods become rare or no longer exist in your traditional territory
<b>LIFE CYCLE EVENTS</b>	Location and timing of migration and reproduction	Birds no longer migrate south or migrate and breed at a time when proper food is not available, putting them at risk of extinction
<b>PARASITES &amp; DISEASES</b>	Food safety, quality and abundance	Indigenous foods are exposed to parasites and diseases that make foods less healthy to eat
<b>GLACIERS</b>	Melting	A decline in sea ice opens up the Arctic to potential damage to fish and wildlife from oil spills
<b>WEATHER</b>	Unpredictable weather	Hunters get caught in storms or can't go out at all
<b>PRECIPITATION</b>	Unpredictable rainfall	Floods, drought, severe forest fires can destroy indigenous foods
<b>VEGETATION SHIFTS</b>	Forests expand into open areas	Indigenous plants die out Animals lose their grazing and breeding areas

## Take Action

The greenhouse effect makes life on Earth possible. Too much of these greenhouse gases though cause climate change. So, reduce your greenhouse gas emissions!

- Talk with your Elders to learn how indigenous foods may adapt to climate change. Talk about how the community can adapt to continue harvesting these indigenous foods
- Do a school or class project on a topics like the impacts of climate change on an indigenous food that you eat



## BE IFF!

It's really important to live iff! culture to help us adapt to climate change. That way, we can continue to fish, hunt, gather, and enjoy life.

**NOW YOU KNOW. JOIN THE MOVEMENT AND SHARE.**