

From Kitchen to Freezer: Preservation, Tradition, & Bringing Food Home

June 23, 2026

1:30-3:00pm MT

The second F.E.A.S.T. session moves from the store to the kitchen and onto the land. Participants learn practical preservation skills – freezing, canning, and drying – alongside ways to bring traditional Indigenous foods back into everyday family meals. Wild meat, berries, and fish are not special-occasion foods; they belong in the regular weekly menu. This session connects kitchen skills to cultural reclamation, grounded in the belief that food is medicine, family, and how we love each other.



Learning Outcomes:

- Apply basic food preservation techniques including freezing, vacuum sealing, water-bath canning, and meat drying
- Identify traditional foods available in their territory and practical ways to prepare them for family use
- Recognize food safety signs and proper storage methods for long-term use
- Connect children to where food comes from - land, water, animals - through everyday family practices

Speakers:

Ramona Horseman, Co-Director, Skypeople Solutions Inc. - Ramona is Dene, of Horse Lake First Nation, and has served as Chief of Horse Lake First Nation and Deputy Grand Chief of Treaty 8 First Nations of Alberta. She designed the F.E.A.S.T. curriculum drawing on her experience as an Indigenous mother, community leader, and advocate for food sovereignty in Treaty 8 territory.

Jordan Horseman, Co-Director, Skypeople Solutions Inc. - Jordan brings curriculum development and facilitation expertise to SSI's education programs, with a focus on culturally grounded community programming for First Nations families.



Target Audience: Young parents, families, caregivers, grandparents raising grandchildren, Community Health Representatives, health and education staff working in First Nations Communities

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