

# Stone Soup: Feeding Families Together

June 18, 2026

1:30 - 3:00pm MT

F.E.A.S.T. (Food, Eating, Affordability, Storage, Traditions) is a hands-on food program designed by and for Indigenous families. In this first session, we share the Stone Soup teaching – passed down from Ramona’s mother through community recreation programs – and explore how families can eat well on real budgets, plan meals strategically, and shop smarter at the stores they actually use. F.E.A.S.T. is not a diet program. It is a food sovereignty program.



## Learning Outcomes:

- Understand the F.E.A.S.T. framework and its roots in Indigenous food sovereignty
- Apply practical meal planning strategies for a full week on a realistic family budget
- Use unit price comparison, flyer planning, and bulk buying to stretch grocery dollars
- Recognize the connection between food, family, and community through the Stone Soup teaching

## 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

Please register for session at:  
<https://fntn.ca/Home/Registrar-VC?eid=22957>

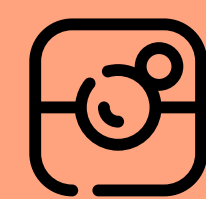
To access this session from zoom:  
<https://fntn.zoom.us/j/86003724137>  
Meeting ID: 860 0372 4137  
Passcode: 799323

Please select “join meeting as an Attendee”, once logged-in

To access this session from an audio line:  
1-587-328-1099  
Meeting ID: 860 0372 4137  
Passcode: 799323



First Nations  
Telehealth Network  
[WWW.FNTN.CA](http://WWW.FNTN.CA)  
1.888.999.3356  
[VCHELP@FNTN.CA](mailto:VCHELP@FNTN.CA)



@FNTNAB



## To join via internet browser

1. Please click the link below to join the webinar:

<https://fntn.zoom.us/join>

2. Enter Meeting ID: 860 0372 4137

3. Passcode: 799323

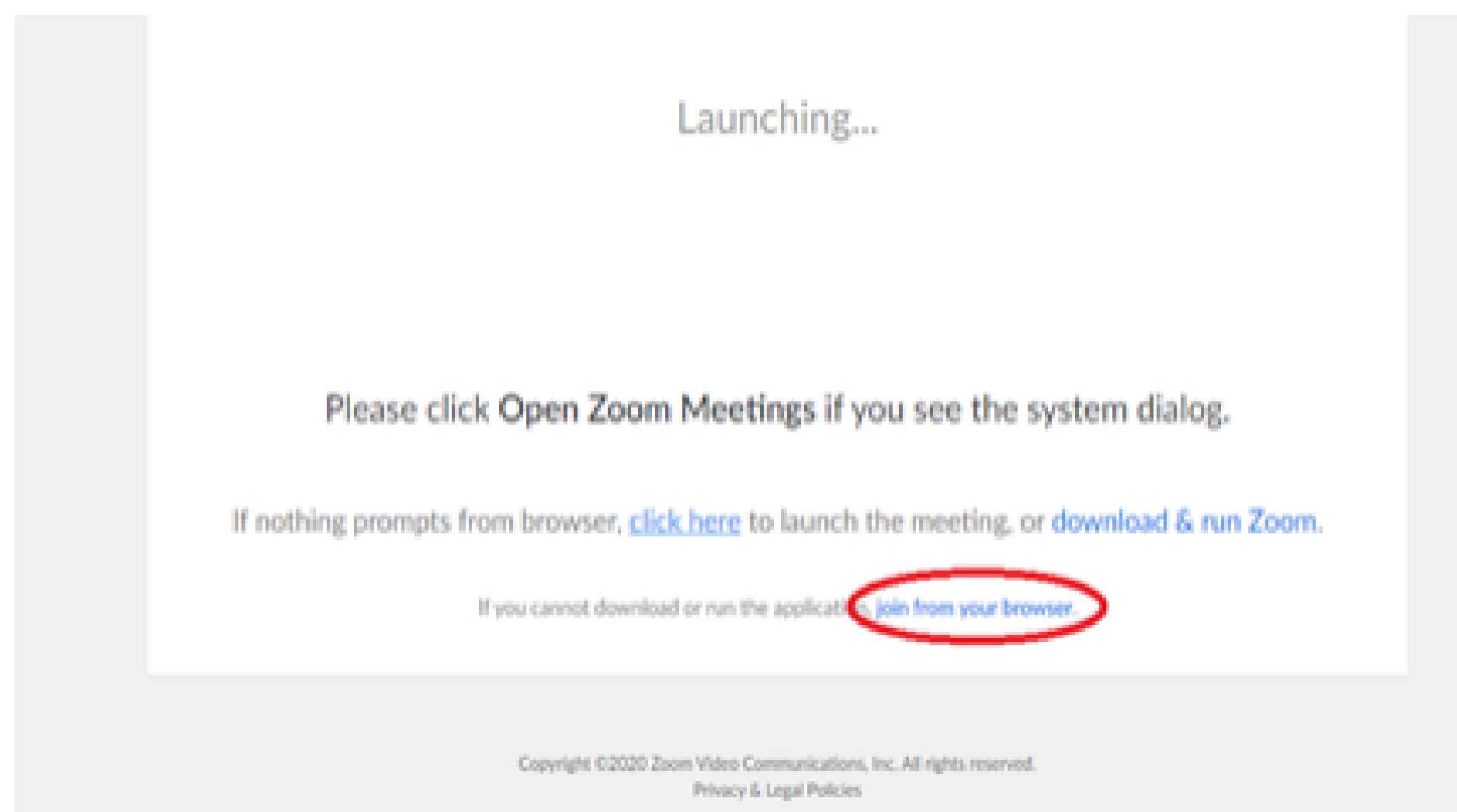
4. Click the option "click here" ( See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.

If nothing prompts from browser, [click here](#) to launch the meeting, or [download & run Zoom](#).

5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

## To join Via Zoom apps:

1. Please click the link below to join the webinar:

<https://fntn.zoom.us/join>

2. Enter Meeting ID: 860 0372 4137

3. Passcode: 799323

4. Choose "download and run Zoom"

5. An executable file will be download, please run the file

6. After the file has been installed, you will be ask to enter your "email" and your "name"

7. You will now join the webinar, by default all attendees of the webinar are muted.