

Several factors are associated with commercial and traditional food intake by First Nations and Inuit people

FACTORS ASSOCIATED WITH COMMERCIAL AND TRADITIONAL FOOD INTAKE

Political and cultural context

Food sharing

Colonialism

FACTORS ASSOCIATED WITH TRADITIONAL FOOD INTAKE

Food environment and material and social resources

Employment and adequate wages

Drinking water supply

Transmitting food-related knowledge

Sedentism

Impact of climate change

Access to the land

Cultural importance of traditional food

Family members who hunt

Availability of natural resources

Laws governing the sale and preparation of game meat

Impact of land-use activities

Cost of equipment for traditional activities such as hunting and fishing

Time available to prepare traditional foods

Perception of traditional foods

Individual and household characteristics

Education level

Sex

Food preferences

Age

Marital status

Household size

Cost of processed foods

Cost of unprocessed or minimally processed foods

Availability of food in stores

Food freshness

Nutritional quality of the food available

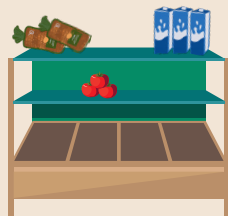
Perception of commercial foods



The following hypothetical cases illustrate different combinations of factors that can influence diet.



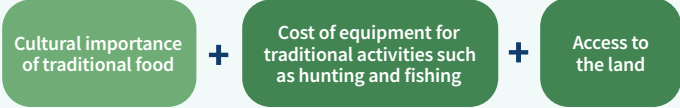
Jacob participates in feasts and other food-sharing occasions in his community. He cooks traditional foods like sagamité and bannock with his grandmother. He would like to learn how to smoke fish.



Wapukun’s single-parent family lives with food insecurity. Commercial fresh foods are expensive. In the community’s only store, fresh dairy products, vegetables, and fruit sell out quickly after the single weekly delivery.



Catherine would like to go fishing, but she finds it difficult to do so as the equipment and transport required are expensive and she lives in the city.



Boil water advisories are common in Annie’s community. She no longer trusts her tap water. Instead, she drinks soft drinks, juice, and bottled water.



Most of Maikan’s family meals are prepared with commercial foods, which are more readily available and require little preparation. Like his teenage friends, he likes to eat potato chips.



Climate change is altering the migration routes of the animals that Jason’s family hunts. Nearby natural resource exploitation activities also disrupt wildlife.

