

Qanuippitaa? How are we doing? Wild Food in Nunatsiavut

This summary highlights key findings based on the QNIHS 2022-2023 Food Report.

Harvesting, preparing, and sharing food are part of everyday life for many people in Nunatsiavut. These activities help families get food, remain healthy, and stay connected to the land and to each other. When it becomes harder to spend time on the land or to share food, families have fewer options for getting the wild food they want and need.

For a full definition of food security and methods, see the full QNIHS 2022-2023 Food Report.

Key Findings:

- Most children (3-11 years) are involved in cultural food-related activities, showing strong early exposure to food skills and practices.
- Most people harvest food on the land at least some of the time (86%^E), with higher participation during spring and summer.
- Older adults (55+ years) are more likely to harvest frequently than younger adults (ex. 40%^E vs. 27%^E in fall), pointing to differences in free time, access, or capacity.
- Most people would like to eat more wild food, but face barriers such as the cost of harvesting, time, and regulations.
- The sharing of wild food is strong across all five communities.

Eating Wild Food:

Almost all people (12+ years), had eaten wild food in the 12 months before the survey (98%). Similarly, **almost all children (1-11 years) are eating wild food (89%),** with most of them eating wild food a few times a month (29%) or a few times a week (34%).

Nearly all people (12+ years), would like to have more wild food (94%). Among people (18+ years) who want more wild food, the top barriers to accessing more wild food include:

- Cost – too expensive to harvest (43%)
- Not enough time (40%)
- Hunting and harvesting quotas/regulations/bans (35%)

How Are Nunatsiavummiut Getting Wild Food?

Common ways that adults (18+ years) are accessing wild food (even small amounts) include:

- Community freezer, community harvest, Hunter Support Program (79%)
- Someone in their home harvested it (68%)
- A relative who lives in another home harvested it (61%)

Harvesting Wild Food:

Most (86%^E) people (12+ years), went on the land to harvest food at least once in the year prior to the survey.

Among people (12+ years), frequent harvesting (i.e. once a week or more) varies by season:

- 44% harvest once a week or more during summer
- 36% during spring
- 30% during fall
- 27% during winter

Frequent harvesting (once a week or more) seems to be more common among older adults (55+ years) than youth (12-17 years) and/or adults (18-54 years) across all seasons, except for winter.

Most children (3-11 years) were involved with cultural food-related activities in the 12 months before the survey:

- 89% watched or helped with preparing for boating, hunting, fishing, trapping or camping trips
- 71% years cleaned skins, cut up or prepared wild food
- 53% cleaned or oiled guns, fixed fishing nets or other hunting or fishing equipment

Sharing Wild Food:

Almost all (96%) people (12+ years), reported that another household shared wild food with theirs in the year before the survey. Similarly, almost all (94%) people (12+ years) reported that their household shared wild food with another household in the 12 months before the survey.