**Pathways: Feeding Each Other**

**Health Promoting Objectives**

The objectives of this film are to document the way urban Indigenous people share and exchange food and food knowledge and spark discussion about how to support Indigenous food systems urban contexts.

**Description of the artwork**

The short documentary features food pathways between rural and urban Indigenous communities linked to Saskatoon, Saskatchewan (Turtle Island/Canada). It documents the way people share and exchange food and food knowledge. Focusing on people in and around Saskatoon, the film portrays traditional food practices that exist differently but alongside and sometimes despite mainstream practices, as implicit and explicit elements of decolonization. The stories highlight foodways and actions that continue to claim and reclaim an urban environment that appears, on the surface, to be devoid of traditional food practices. Values of equity, love, power and relationship are key to the experiences shared in the documentary. The film project draws in part on research about food networks with Indigenous people and their families on Treaty Six Territory, Turtle Island (Canada) and the role of social and family relationships as central to food culture, resilience and resistance. ***Pathways: Feeding Each Other*** is a project by award winning film director Dr. Tasha Hubbard and Co-Director Lise Kossick-Kouri, Master’s student at the University of Saskatchewan. The project is produced by Dr. Rachel Engler- Stringer, funded by the Canadian Institutes for Health Research, the Saskatchewan Health Research Foundation and the Urban Aboriginal Knowledge Network.

**Intended Audience**

Practitioners, researchers and lay people with an interest in health promotion and food sovereignty of urban Indigenous peoples.

**Duration and intended use**

Length: 12 minutes

The film is meant for educational purposes to facilitate discussions about how to improve traditional food access in urban contexts.