

Telling Our Food Stories: Indigenous Storytelling for School Food Advocacy

Our stories carry truth, wisdom, and power. Through storytelling, we protect traditions and grow change. Here are some ways Indigenous youth, educators, and communities can raise their voices to advocate for better, culturally relevant/rooted school food.

Digital Storytelling (Short Films, Video Blogs or Reels)

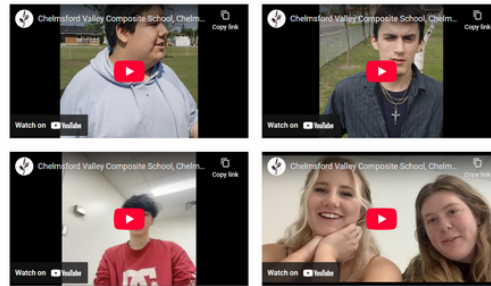
What: Record student interviews, food/seasonal teachings, or land-based activities.

How: Use phones or tablets to capture short clips (1–3 min). See some ideas here: [Create your own Storyboard](#) and [Bite-sized Narratives: Exploring the Magic of Food Storytelling on Film](#)

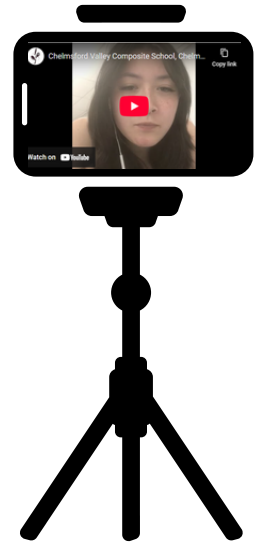
Why: Interconnective visuals – bring stories to life.

Idea: “A Day in Our School Food Program”

 **Witset
Elementary
School
Garden**

 [Learning to grow food at Chelmsford Valley Composite School \(CVDCS\)](#)



Photovoice Projects

What: Students take photos of food, land, and meals.

How: Pair each photo with a caption or short story. Examples: [Food in Focus: Youth Exploring Food in Schools Using Photovoice](#), [Student Photovoice - Capturing student stories about the Nova Scotia School Lunch Program](#)

Why: Centring youth voices while connecting visuals with their stories around food.

Idea: “What Food Means to Me” or “My Favourite Plate” wall in the school or online gallery



 [Capturing student stories about the Nova Scotia School Lunch Program](#)



 [Nuu-chah-nulth Stewardship Photovoice Project](#)

Personal Narratives & Storywork

What: Students, Elders, and educators share spoken or written stories.

How: Use **talking circles**, class reflections, or community gatherings. See: [Learning to Prepare a Traditional Nuu-chah-nulth Feast](#), [The Seven Storywork Principles](#), [Food Creates Cultural Connection](#)

Why: Connects generations and builds emotional depth.

Idea: Host a “Story Feast” where stories are shared with traditional foods



 **Winnipeg students host feast, offer personal reflections on reconciliation**



Social Media Campaigns

What: Use platforms like Instagram, TikTok, or Facebook to share content.

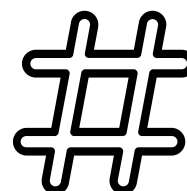
How: Create hashtags, post weekly stories/blogs, or run student takeovers. Check out pages like [Our ancestors had it right: food is medicine!](#) and [Supporting food programs in Northern schools with the “Great Big Crunch”](#), [Great Big Crunch - Coalition for Healthy School Food](#)

Why: Youth-driven, wide reach, and engaging for peers.

Idea: Hashtag challenge like #FeedingOurRoots



 **Great Big Crunch - Coalition for Healthy School Food**



Art-Based Storytelling

What: Use beadwork, digital art, paintings, and seasonality to share food stories.

How: Display at school, events, or online exhibitions. Some examples: *Visual Storytelling with Students*, *Language and Food - Haudenosaunee and Anishinaabe Knowledge Translation through Beadwork*

Why: Accessible, expressive, and culturally meaningful.

Idea: Food Is Our Medicine: mural with student contributions



Language and Food
Haudenosaunee and Anishinaabe Knowledge
Translation through Beadwork



 Visual Storytelling with Leah Gold



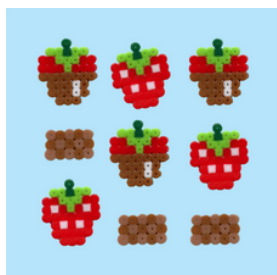
Zines, Posters & Booklets

What: Create student-made mini-magazines or posters with poems, recipes, and stories.

How: Use paper & markers, an online platform like Canva/HeyZine/Flipsnack or a school printer. Some examples: *Community Led Change - Youth Voices Project*, *Kitchen Magic - Odes and Recipes from our Culture*

Why: Simple, shareable, and good for community engagement.

Idea: “Youth Voices on Indigenous School Food” class zine



 Kitchen Magic -Odes and
Recipes from our Culture



 Community Led Change - Youth Voices

Call to Action

Choose one of these ways to tell your story this month. Share it with your school, community, or leadership.

Our voices are medicine.