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INTERNATIONAL DEVELOPMENT WEEK

What is International Development Week?

International Development Week (IDW) aims to draw attention to international development and shine a spotlight on Canadians' contributions to eradicating poverty and to a more peaceful, inclusive and prosperous world. A unique Canadian tradition that began in 1991, IDW is held annually during the first full week of February.

The week is a whole-of-Canada "coming together" that involves civil society, the private and philanthropic sectors, schools, community organizations and the general public, as well as Global Affairs Canada in Ottawa and at its missions around the world. During IDW, international development stakeholders collectively host over a hundred events from coast to coast to coast and internationally.

ICN's International Development Week 2023

For International Development Week 2023, the Inter-Council Network asked young people across Canada what the Sustainable Development Goals mean to them via short videos.

To see what our youth came back to us with, visit our website at: <https://icn-rcc.ca/en/idw-2023>

International Development Week 2024

This year's International Development Week (#IDW2024) will take place from February 4 to 10 and will be celebrated by Global Affairs Canada, its Canadian development partner organizations and Canadians with an array of events and activities across the country. IDW 2024 is expected to feature virtual, in-person and hybrid events to maximize the impact and reach of activities.

IDW 2024 will inform, inspire and involve Canadians in Canada's international development efforts. Its unifying theme, Go for the Goals, calls for Canadians to take action to support the achievement of the UN Sustainable Development Goals.

ACKNOWLEDGEMENTS

The Inter-Council Network would like to extend its deepest gratitude to those from coast to coast to coast who participated in sending us their recipes and stories of development, as well as the amazing organizations working with our councils to promote development in their local, national, and international communities. It's thanks to your participation that the ICN is able to celebrate International Development Week 2024 through food and the stories that your recipes tell, with the hope of getting us closer to reaching the 2030 United Nations Sustainable Development Goals.

We would also like to thank the regional and provincial councils for their support. We thank the ICN's International Development Week committee for its valuable guidance and participation.

Thank you to Adele Mansour for the cover design and illustration.

We would like to acknowledge that the Inter-Council Network is hosted in Mi'kma'ki. This is the ancestral and unceded territory of the Mi'kmaw People. This territory is covered by the "Treaties of Peace and Friendship" which Mi'kmaq, Wəlastəkwiyyik, and Passamaquoddy Peoples first signed with the British Crown in 1726.

We feel it is important to keep this in mind and know and honour the land that we're on. The ICN works with many communities across Canada, including First Nations, Metis, and Inuit communities as well as communities around the world in the international development sector. And we feel it's important to reflect on this, draw lessons from our colonial history, and how this history intersects in many ways with the issues we are facing today in working towards a more just, equitable, and sustainable world.

The week is a whole-of-Canada "coming together" that involves civil society, the private and philanthropic sectors, schools, community organizations and the general public, as well as Global Affairs Canada in Ottawa and at its missions around the world. During IDW, international development stakeholders collectively host over a hundred events from coast to coast to coast and internationally.

DESAYUNO CHAPIN - “BREAKFAST OF CHAMPIONS”



Looking for a fast but delicious breakfast? Try Desayuno Chapin—“breakfast of champions”—a traditional Guatemalan dish that will energize you to conquer the day! This meal consists of a tasty array of foods you can make at home with kitchen staples or buy fresh locally. Customize it to your family’s preferences, buy pre-made, or if you’re up for some fun in the kitchen, make it from scratch to authentic detail.

Customize Your Dish

Serve all the elements for an authentic plate-full, or choose what works best for you.

Ingredients

- Eggs, fried or scrambled
- Corn tortillas
- Frijoles Volteados (*see below*)
- Chirmol (*see next page*)
- Platanitos fritos (*see next page*)
- Sour cream
- Queso fresco (or white cheese)

Frijoles Volteados (Refried black beans)

Ingredients

- 1 lb dried black beans
- 6 green onions, diced
- 5 garlic cloves, minced
- 3 tbsp chicken bouillon powder
- 2-3 tbsp vegetable oil for frying

DESAYUNO CHAPIN - "BREAKFAST OF CHAMPIONS"

1. In a large pot, combine 10 cups water, black beans, garlic, and half the green onions. Cover and simmer for 50 minutes. Stir in chicken bouillon.
2. In a separate pan, sautee remaining green onions in oil.
3. Using a blender, combine cooked beans, sauteed green onions, and a splash of cooking water and blend into a puree. In a pan, fry bean puree in oil. Work the bean puree into a paste.

Chirmol (Fresh salsa)

Ingredients

- 6 plum tomatoes
- 1/2 small onion, diced
- 1 garlic clove, minced
- 1 jalapeño, seeded and minced
- A squeeze of lemon juice
- Dash of salt

1. In a pan, char sides of tomatoes on high heat until skin splits. Once tomatoes cool, peel off the skin.
2. In a bowl, crush peeled tomatoes with your hands. Stir in fresh jalapeno, lemon juice, onions, garlic, and salt.

Platanitos Fritos (Fried bananas)

Ingredients

- 3 bananas
- 2 tbsp brown sugar
- Ground cinnamon
- 2 tbsp butter for frying

1. Cut bananas into oblong coins. Fry coins in butter over medium heat. (see *image below*)
2. Sprinkle in brown sugar, heating to a sticky syrup. Add cinnamon to taste.



A healthy breakfast starts your day off right, equipping you with the nutrients your body needs to conquer the day! Desayuno Chapin—literally, “Breakfast of Champions”—is a traditional Guatemalan breakfast incorporating favourite local flavours. This meal consists of a tasty array of foods you can make at home with kitchen staples or buy fresh locally. Customize it to your family’s preferences, buy pre-made, or make it from scratch to authentic detail. But let’s be honest—mornings can be a whirlwind, especially if you have a family. If it’s “one of those mornings”, allow yourself to grab premade ingredients and enjoy this nutritious breakfast stress-free.

At Food for the Hungry (FH), we believe food security can also be tasty and culturally appropriate! That’s why FH Guatemala works to end hunger and malnutrition by promoting family gardens and the Nutrition For My Family program. The program trains families to prepare delicious meals—like Desayuno Chapin!—for their families from their own home-grown vegetables. New growing methods and hardier plant varieties are introduced, coaching is offered, co-op groups form, and children grow stronger. The Better Coffee Better Lives project also equips coffee farmers with the skills and tools for better harvests and access to better distribution chains. These farming families truly become champions! So, in solidarity with families that are making their way out of poverty, try Desayuno Chapin with a freshly brewed cup of Fair Trade Guatemalan coffee!

Recipe submitted by: Food for the Hungry Guatemala

Food for the Hungry (FH) is made up of a global family of staff who are passionate about ending poverty. The teams at the FH Guatemala offices walk daily alongside families in partner communities, learning about their challenges, offering coaching and training, collaborating on solutions, and helping local leaders achieve their goals. They also love building relationships with the community members they work with and the Canadians whose support they embody—and that is often done over food! The staff at FH Guatemala know how food brings cultures and people together, and are always ready to share local fares and flavours!





Food For The Hungry

Food for the Hungry (FH) Canada, part of the global FH family, is a Christian, non-profit organization dedicated to ending poverty worldwide.

With faithful partners, FH walks alongside vulnerable communities throughout the developing world as they strive toward sustainability. Recognizing that each community faces unique challenges as well as advantages, FH is committed to an integrated, holistic approach to development including priorities such as health, education, livelihoods, disaster risk reduction, and gender equality. Much of this work aligns with many of the Global Sustainable Development Goals, with the goals of Zero Poverty and End Hunger, in all their forms, top of mind. FH believes in facilitating innovative, long-term solutions and providing everyone an opportunity to join in the pursuit of a poverty-free world.

FH Canada currently partners with communities in Bangladesh, Burundi, Cambodia, Ethiopia, Guatemala, Rwanda, and Uganda.



MISO SOUP



Miso soup is a traditional dish in Japan with ancient roots. For centuries, it has been eaten in Japanese households, with its origins tracing back thousands of years. The soup is eaten as a warm and comforting meal at any time of the day, and is also the source of many healthy nutrients.

While Miso soup can differ and be made to suit one's personal preferences, almost all miso soups are made up of miso paste, dashi, and tofu. Through a process of fermentation, soybeans and Koji come together to create Miso. Miso paste, which is called Hishio, is the combination of soybeans and salt. This dish speaks to the core of Japanese identity, as all three core ingredients are deeply tied to indigenous Japanese food practices.

Customize Your Dish

Dashi is the base for all miso soups and without it, it would lack authentic flavour and depth. You can use instant dashi since it is quick and easy, however, homemade dashi brings your miso soup to another level and is recommended.

Homemade Dashi

Ingredients

- 10g dried kelp (Kombu)
- 1 litre cold water
- 15g bonito flakes

1. **Soak the Kombu.** Start by soaking the kombu in water for about 30 minutes.
2. **Heat the Kombu.** Once the kombu is rehydrated, transfer it to the stove and heat on medium until small bubbles start to appear around the edges. It should be near a boil.
3. **Add Bonito Flakes.** Remove the kombu and then bring the water to a boil. Once boiling, turn off the heat and add the bonito flakes. Leave the bonito flakes soaking in the hot water for about 5 minutes. Keep the pan hot using the residual heat on the stove.
4. **Strain.** After 5 minutes, place a sieve lined with a sheet of paper towel over a heatproof bowl and pour the dashi through. This will catch all the tiny pieces of bonito flakes and create a golden broth.

MISO SOUP

Miso Soup

Ingredients

- 150g of cubed tofu firm
- 30g fried tofu thinly sliced
- 30g green onion thinly sliced
- 30g fresh shitake mushrooms thinly sliced
- 1 tbsp dried wakame seaweed
- 1/4 tsp soy sauce
- 4 tbsp miso paste
- Dashi (see previous page)
- Finely chopped green onion

1. **Prepare the Ingredients:** Cut your choice of ingredients into small bite size pieces.
2. **Add the Ingredients to the Dashi:** Transfer your dashi back into a pot and bring to a simmer over a medium heat. Once small bubbles start to appear, add your vegetables and tofu to the pot.
3. **Season:** Add a small amount of soy sauce to miso soup
4. **Add the Miso Paste:** After making sure that the ingredients in the pot are cooked, reduce the heat to the lowest setting and add the miso paste.
5. **Add the Tofu:** Add the ingredients that need to be warmed through
6. **Serve:** Divide the soup into serving bowls and garnish with some fresh chopped green onion.

Japanese cuisine is widely known across the globe, however, miso soup is a traditional dish that can be found all over the world. Miso soup is not only comforting and flavourful, but also one that deeply aligns with visions for a more sustainable future. It is deeply connected to the Japanese worldview of sustainability and mindful living.

Miso soup is known as a sustainable dish because of the ways in which its key ingredients are grown. For example, soybeans, which are the main ingredient in Miso soup, are aligned with environmentally friendly farming practices since they are known to strengthen the soil and are natural fertilizers. Through these agricultural practices, communities can support and eat locally sourced ingredients that have low ecological footprints.



Compared to modern processing methods, the process of producing Miso also has a minimal environmental impact since it is connected to a traditional fermentation process. Additionally, there is a large emphasis on creating miso soup recipes that adapt with the seasons and what is being produced locally. This way of eating supports farmers and their local businesses and reduces the need for industrially made foods coming from long-distances. Along with being an environmentally friendly dish, miso soup is packed with protein, vitamins, and minerals. Since miso paste goes through a fermentation process, it leads to creating probiotics and healthy bacteria that contributes to a healthy gut. The soup is known among households as being a balanced dish that can support the immune system and overall health. Beyond the environmental and healthy features of miso soup, it is also a shared experience that brings together families and communities. Given its long history in Japanese culture, miso soup is a bonding dish for many Japanese people.

In my personal life, I advocate for the importance of preparing, eating, and sharing traditional foods, such as miso soup. Not only does this preserve cultural traditions, it also is a fun way to engage in more mindful forms of eating. Through practices like this, I believe we may be able to tap into forms of sustainability that have been practiced for hundreds of years around the globe and contribute to the larger goals of Sustainable Development.

Recipe submitted by: Taro Mori

As a Japanese-Filipino permanent resident in Canada, Taro has had the wonderful pleasure of experiencing food as a universal language. Taro's journey exploring his heritage has led him to find meaning in how food traditions connect with our identities. Currently, Taro lives in Whitehorse, Yukon and is furthering his studies at Yukon University. In his free time, he enjoys spending time outdoors, running, reading, and cooking!



The Politics of Hunger: The Reality of Food Aid in Kenya – A Case Study by Stacey Mati

Stacey Mati is a passionate researcher and academic focused on international development issues, living in Meru, Kenya. She holds a MA in International Relations with a focus on Peace and Conflict studies from United States International University–Africa. She has engaged with various topics related to development including but not limited to foreign aid, food security, child protection and conflict prevention. She hopes to continue her work to influence and push for change in her community and find ways to cohesively integrate indigenous knowledge systems for a sustainable future. Stacey's hobbies include reading, baking, and farming.

In collaboration with the Northern Council for Global Cooperation (NCGC), Stacey Mati researched and produced *The Politics of Hunger: The Reality of Food Aid in Kenya*, a case study exploring the impact of food aid and western agricultural technologies on Kenyan farmers and food systems.

Stacey's case study examines the challenges faced by Indigenous peoples in Eastern Africa, focusing on historical injustices, denial of land rights, and the impact of colonialism on food systems. It highlights current food insecurity in Kenya, criticizes donor systems for prioritizing new technology over local knowledge, and explores the consequences of the Berlin Conference of 1884–1885, which catalyzed European occupation in Africa, leading to land theft and exploitation. The case study specifically highlights the impact of historical injustices, displacement, and modern-day land grabbing on the Indigenous Maasai community in Kenya.

Stacey delves into how agricultural interventions in Africa often favor high-tech solutions over traditional knowledge, addressing the concept of neo-colonialism. The case study also explores philanthropic capitalism and details how agricultural interventions by foundations can worsen hunger and inequality. Stacey advocates for food sovereignty, emphasizing people's right to determine their own food and agriculture choices, urging NGOs to reconsider their strategies. Overall, it emphasizes the need for a comprehensive approach to address hunger, recognizing food as a cultural, political, and potentially weaponized tool.

To learn more about NCGC's Alternatives to Development (AtoD) programs, visit <https://www.ncgc.ca/alternative-to-development-programs>

PANEER BUTTER MASALA



Paneer

Ingredients

- 1 litre milk
- 3-4 tbsps lemon juice

Materials

- Muslin cloth or a thin cotton napkin
- Strainer
- Container to store whey

1. Add milk to the pot followed by heating on low heat.
2. Stir occasionally so that the skin does not form on the surface and the milk does not bottom.
3. When the milk starts boiling, add the lemon juice and start stirring.
4. The milk must curdle completely. Keep stirring the milk even when it is curdling so that the curdled milk does not stick to the base of the pan.
5. After the milk has curdled completely and you see the whey (slightly yellowish liquid), switch off the heat and then immediately pour the entire mixture into the strainer lined with the muslin or cotton napkin and put the container under the strainer to collect the whey.
6. Carefully gather the edges of the muslin since the coagulated milk mixture will be very hot. While doing this more of the whey will be strained.
7. Hang the muslin bundle for an hour on your kitchen faucet.
8. After 2-3 hours paneer will set. Once it's set cut homemade paneer into cubes or any shape.

Heads up!

Homemade paneer stays fresh for 2-3 days in the fridge in an air-tight container.

PANEER BUTTER MASALA

Chapati Dough

Ingredients

- 2 cups whole wheat flour
- 1 cup Whey Water (start with a little less and adjust as needed)

1. Add the whole wheat flour to the mixing bowl of the stand mixer.
2. Start the mixer at the lowest speed. Add a little less than 1 cup of water to the bowl while the mixer is running.
3. In about 2–3 minutes, the dough will start coming together. Keep running the mixer at the lowest speed.
4. You can also stop the mixer check consistency and add 1–2 tablespoon additional water as needed to form a soft dough. If the dough has become sticky, then you might want to add a little more flour.
5. Once the dough has formed completely, add the oil, while the mixer is running. This is just to make the outside less sticky and easier to store. You can also apply oil by hand once the dough is formed.
6. Cover the dough and set aside for 15–20 minutes.
7. Once the dough has rested for some time, you can start making Chapati or store the dough in an air-tight container in the refrigerator for later use.

Gravy/Sauce

Ingredients

- 4 tbsps oil
- 5 tbsps butter
- 2 green cardamoms
- 1 1/2 onions sliced
- 3 tomatoes sliced
- 5 whole cloves
- 4–5 whole black peppercorns
- 1 black cardamom
- 1 tbsp cumin seeds
- 3 cloves garlic
- 1 inch ginger
- 12–14 cashews
- Salt (to taste)
- 3/4 tbsp sugar
- 1 tsp Kashmiri red chili powder (or paprika)
- 1 tbsp garam masala powder
- 1/2 tsp cinnamon powder (or 1/2 cinnamon stick)
- 1 tbsp coriander seeds
- 1/2 tsp coriander powder
- 3 tbsps milk (or half-and-half cream)
- Homemade cubed paneer
- 1 tsp dried fenugreek
- 2 tbsps cilantro, finely chopped
- 2 cups water (to blend)

Although all 17 Sustainable Development Goals (SDG) are important, I am particularly drawn to SDGs 4 (Quality Education), 7 (Affordable and Clean Energy) and 12 (Sustainable Consumption and Production). In our family, we prioritize sustainable food practices in our daily routine, emphasizing the principles of SDG 12 in our approach to food consumption. Our efforts involve thoughtful meal planning, minimizing food waste, and creatively repurposing leftovers to create new dishes.

Here's a cherished recipe in our family – Paneer Butter Masala. This vegetarian delight is crafted entirely from scratch using ingredients prepared in our kitchen. Whenever we find ourselves with surplus milk, we follow the straightforward process outlined below to create paneer (Indian cottage cheese). Furthermore, the leftover liquid known as whey water, obtained during the curdling and straining process to extract paneer, boasts numerous health benefits and is abundant in nutrients. We incorporate it into various culinary applications, such as cooking rice or chapati, not only for its subtle flavour enhancement but also to augment the nutritional value of the dish.

This recipe exemplifies our family's commitment to minimizing food waste by repurposing leftover milk to make paneer. I believe, that by incorporating minor adjustments into our everyday food consumption practices, we can make a meaningful contribution to the realization of SDG 12 and the establishment of sustainable consumption patterns. As the saying goes, change may unfold gradually, but with our dedicated efforts, the rest will eventually fall into alignment.

Recipe submitted by: Milanpreet and Bimaldeep Kaur



Hi! My name is Milan, and I am a Ph.D. candidate in the Department of Chemistry at the University of Calgary. Outside lab, I enjoy photography, blogging and exploring different places and cultures. My life goal is to stay purpose-driven and to leave a positive impact wherever I go.



My name is Bimal. I enjoy working in the financial industry. I am a new mom who is passionate about cooking and loves travelling.



Canadian Volunteers United in Action Society

CANAVUA, or Canadian Volunteers United in Action Society / Associations des Volontaires unis dans l'action au Canada, is a registered nonprofit organization based in Edmonton, Alberta. Founded in 2009 by Dicky Dikamba, CANAVUA supports Edmontonians, especially *Francophone Edmontonians, facing food insecurity and requiring housing assistance. CANAVUA is an approved Good Food Organization with Community Food Centres Canada.

As suggested in the name, CANAVUA's goal is to put things in action and move forward. This is done by providing community-level support and assistance. Regarding food insecurity, CANAVUA provides immediate assistance through their Community Food Truck and Mobile Farmers' Market services. The Community Food Truck provides hot meals for those in need. Their Mobile Farmers' Market service runs every Friday behind the Value Village on Whyte Avenue, a particularly well-known road in Edmonton. CANAVUA estimates approximately 250 people receive fruit and vegetable hampers each week from their Mobile Farmers' Market. CANAVUA partners with multiple social services organizations in the city, who then refer clients to CANAVUA. For up-to-date information on where you can access CANAVUA's services, check out their Facebook page. CANAVUA is easily accessible by email info@canavua.org and through the various forms on their website.

To touch on other key initiatives: For the last three years, CANAVUA has been working on a housing project in Edmonton, with construction set to begin in 2024. CANAVUA also provides new driver training and has an incredibly strong volunteer program.



Volunteerism is at the heart of CANAVUA's success. There are approximately 1 000 volunteers within their database, and CANAVUA actively recruits and trains volunteers of all backgrounds, from students looking to complete community-service learning hours to newcomers looking to get involved in the community. Ultimately, volunteers represent partnerships – people from all walks of life come together to support a cause they care about.

Dicky, founder and Executive Director, is a lawyer by trade from France and sees his job as giving a voice to those who do not have a chance to be heard. When he arrived in Alberta in 2008, he came across several volunteer organizations but couldn't find one within the Francophone community. There have always been Francophone Edmontonians passionate about giving back to the community, to address the many growing needs, but there was not a structured organization in place. Dicky sought to fill that gap by creating an organization that could build the capacity of Edmonton's Francophone community, while working within the larger Edmontonian nonprofit sector. CANAVUA was created to supplement the pre-existing social services within Edmonton's Francophone community, or in other words, elevate social justice in Edmonton. It is safe to say that many people have benefited from CANAVUA's mission.

**Note: though CANAVUA works primarily within the Francophone community, everyone in need is welcome and encouraged to access CANAVUA's services.*



THREE SISTERS' CHILI



Our recipe stems from the traditional knowledge of various Indigenous peoples who practiced sustainable agriculture for centuries through intercropping. Intercropping is beneficial for both nutritional and environmental health. All ingredients used for our chili are locally sourced and/or organic.

Ingredients

- 2 tbsp oil
- 3 cloves garlic, minced
- 1 yellow onion, chopped
- 1 large carrot, diced
- 1 tbsp diced jalapeño (seeded)
- 4 cups cubed butternut squash
- 2 1/2 tbsps mild chili powder
- 1 tbsp cumin
- 1/2 tsp paprika
- 1/4 tsp cayenne pepper
- 1 1/2 tps salt
- 3 cups crushed or diced tomatoes
- 1 1/2 cups vegetable broth
- 2 cups beans
- 2 heaping cups sweet corn

Three Sisters' Chili

1. In a sauce pan on medium heat, sauté garlic and onion, add all the spices in after garlic and onion are almost caramelized, and continue to sauté for a minute to bring out the flavours.
2. Add in the carrots and squash, cook on medium heat for 2 minutes, gently stirring. Add broth and bring to a gentle boil.
3. Add the rest of the ingredients, bring to a boil again, then simmer for 20 minutes covered, and 10 minutes uncovered.
4. Serve hot in a bowl with your favourite garnishes, and add salt and pepper to taste.

Customize Your Dish

If you find it too liquidy, a cornstarch slurry thickens it up perfectly. This recipe is made with sustainable foods, and is also vegan. Vegetable broth can be replaced with chicken or beef broth if preferred.

Environmental Stewardship

The corn is planted first, and as it matures, this plant provides a sturdy vertical structure similar to a trellis for the beans to climb. Next, the beans are planted around the corn. Beans add nitrogen to the soil (without fertilizers) with nitrogen-fixing rhizobia bacteria that live on the beans' roots. Finally, the squash is planted around the corn and beans. The squash develops large leaves low to the ground, which suppresses weeds and supports soil water retention. The Three Sisters support growth without requiring fertilizers, pesticides, equipment, or intense irrigation.

Increased Quality of Life

The Three Sisters support community health and quality of life by thoroughly meeting dietary and nutritional needs. All three vegetables are high in fiber and together, provide a range of minerals and vitamins for the human diet, including vitamins A, B1, B2, B3, B5, B6, B9, C, and E, calcium, phosphorus, magnesium, sodium, potassium, sulfur, iron, manganese, copper, zinc and selenium.

Increased Food Production

Furthermore, The Three Sisters increases food production of corn, bean, and squash. The intercropping system yields higher protein (349 kilograms per hectare) and produces more energy (12.25×10^6 kilocalories per hectare) than any crop monocultures planted in the same range as The Three Sisters.

Recipe submitted by: Karla Duchesne (Outlook H.S. Miyo-Wicêhtowin group)

Karla Duchesne is the Commercial Cooking teacher, Treaty Catalyst Teacher and leader of the Miyo-Wicêhtowin group on Treaty 6 territory at Outlook High School. Miyo-Wicêhtowin is a Cree word that means getting along with others. Our group is comprised of students who have a passion for Truth and Reconciliation, Social Justice, and making our world a better place for all peoples.



VEGAN LENTIL BARLEY STEW



Ingredients

- 1 tbsp margarine
- 1 large onion, diced
- 3 ribs celery, sliced
- 2 large carrots, shredded
- 4 cloves garlic, minced
- 6 cups vegetable stock (or water)
- 1 28 ounce can diced tomatoes
- $\frac{3}{4}$ cup dry red lentils, rinsed and drained
- $\frac{3}{4}$ cup pearl barley
- $\frac{1}{2}$ tsp dried rosemary
- $\frac{1}{2}$ tsp dried oregano
- $\frac{1}{4}$ tsp ground black pepper

Lentil Barley Stew

1. In a large pot, melt the margarine over medium heat.
2. Add the onion and cook until soft and translucent.
3. Add celery and garlic and cover, cooking for another 7 minutes.
4. Add the tomatoes, lentils, barley, rosemary, oregano and black pepper.
5. Add the stock or water and bring to a boil, then reduce to a simmer and cover.
6. Cook for 40 minutes, seasoning with salt and pepper as necessary, then add shredded carrot.
7. Continue to simmer for another 15 minutes or until carrot is tender.

Lentils are a sustainable development superhero, and this hearty and simple stew shows how they can enrich a simple plant-based dish with protein and nutrients. This recipe also features durable produce with a long local growing season in much of Canada.

Lentils are grown all over the world, but Canada is a global leading producer. They have been adapted into many cuisines and diets, thanks to their flexibility as both a crop and an ingredient. The plant is a nitrogen fixer, pulling excess nitrogen into the soil and protecting aquatic ecosystems downstream while also fertilizing the soil for future rotations. On their own, lentils can grow well with low fertilizer input. These traits make it an outstanding crop for the environment – reducing the use of greenhouse-gas intensive fertilizer while protecting delicate ecosystems, and creating a plant-based protein while doing so.

Local, sustainably grown foods like lentils are central to a variety of Sustainable Development Goals, including Zero Hunger, Sustainable Cities and Communities, Climate Action and Life Below Water. Reducing food waste by choosing low-spoilage produce like carrots and onions, or canned products like tomatoes, can also help bring about a more sustainable world.



ECUADORIAN HUMITAS



Enjoy your delicious Ecuadorian humitas! This traditional dish is often enjoyed during celebrations or family gatherings in Ecuador.

Ingredients

- Fresh ears of corn, husked
- 1 cup of grated cheese (queso fresco or a similar mild cheese)
- 1/2 cup of butter, melted
- 1/2 cup of milk
- 2 tbsp. finely chopped fresh cilantro
- Salt and pepper (to taste)
- Banana leaves or corn husks for wrapping

Humitas

1. Grate the corn kernels from the cobs using a box grater or a food processor. Alternatively, you can use a blender, but be sure not to overblend; you want a coarse texture.
2. In a large bowl, mix the grated corn with the melted butter, milk, grated cheese, chopped onion, cilantro, salt, and pepper. Stir well to combine.
3. If you're using banana leaves, cut them into square pieces and briefly pass them over an open flame to make them more pliable. If using corn husks, soak them in warm water for about 30 minutes to soften.
4. Place about 1/2 cup of the corn mixture onto the center of each banana leaf or corn husk. Fold the sides over the mixture to form a rectangular packet. Fold the top and bottom to enclose the filling completely.
5. Use kitchen twine or strips of soaked corn husks to tie the humitas closed, keeping them secure during cooking.
6. Steam the humitas in a large pot for about 40–50 minutes or until the filling is set. You can use a steamer basket or arrange the humitas on a rack in the pot, ensuring there's enough water at the bottom without touching the humitas.
7. Allow the humitas to cool slightly before unwrapping. Serve them warm with additional cheese, hot sauce – or aji – on the side.

A Culinary Journey: Nostalgia, Family, and Ecuadorian Humitas

As an Ecuadorian living abroad, my culinary journey has been marked by the flavors of nostalgia, family bonds, and the simplicity of a dish that encapsulates my roots: humitas. To me, humitas aren't just a recipe; they're a cherished piece of my childhood, a connection to loved ones, and a mirror reflecting the dreams of a better, more sustainable world.

A Comforting Embrace:

In the halls of my memory, humitas stand as more than a dish – they are a warm embrace, a comforting aroma that enveloped family gatherings and everyday suppers. The scent of fresh corn mingling with the creamy essence of cheese is a familiar lullaby, a succulent reminder of shared moments with those who mean the world to me.

Untying an humita is like unwrapping a bundle of shared memories. The kitchen becomes a stage for stories, laughter, and the passing down of family traditions. The ritual of preparing humitas transcends the act of cooking; it is a celebration of togetherness, an affirmation of the ties that bind generations through the thread of culinary rituals.

What captivates me about humitas is their simplicity. With just a handful of ingredients – fresh corn, cheese, and pantry staples – this dish transforms into a masterpiece that transcends its humble components. In a world that often craves complexity, humitas have taught me that beauty lies in the simplicity of life's pleasures.

Adding to my fondness of humitas, as a self-declared cheese enthusiast, the addition of cheese to the humita recipe offers a personal touch. The marriage of its tangy richness with the sweetness of fresh corn creates a symphony of flavors that resonates with my taste buds and stirs a sense of comfort and familiarity.



Bridging Personal Ties with Global Visions:

Ecuadorian humitas, beyond being a personal favourite, seamlessly align with global aspirations for a better world:

SDG 2: Zero Hunger

Supporting the goal of Zero Hunger, back home, humitas are crafted from fresh, locally sourced ingredients, such as corn. This choice not only supports local farmers but also contributes to the development of sustainable agricultural practices. By emphasizing the use of indigenous crops, humitas embody a commitment to preserving biodiversity and ensuring food security.

Additionally, the traditional preparation of humitas involves the use of nutrient-rich ingredients, promoting a balanced and healthy diet. This aligns with SDG 2 by ensuring access to safe, nutritious, and sufficient food for all, particularly for vulnerable populations.

SDG 8: Decent Work and Economic Growth

The preparation and sale of humitas create economic opportunities within local communities. From small-scale farmers cultivating corn to those involved in processing, transportation, and sales, the humita trade fosters inclusive economic growth and provides meaningful employment, aligning with the principles of SDG 8. Moreover, the continuation of humita-making traditions ensures the economic sustainability of local communities while preserving cultural heritage. This not only contributes to decent work but also safeguards the unique identity of the region.

SDG 12: Responsible Consumption and Production

Finally, humitas exemplify responsible consumption and production by relying on simple, locally available ingredients. The use of banana leaves or corn husks as wrappers showcases a commitment to sustainable packaging, reducing reliance on non-biodegradable materials. The preparation of humitas using traditional methods underscores the importance of preserving cultural practices and by embracing the simplicity of long-standing recipes, humitas promote sustainable living and consumption patterns, aligning with the objectives of SDG 12.

Paving the Way for Sustainability:

In my professional journey, I am actively engaged in initiatives that echo the same values of sustainability and progress. Through my work with Engage, we are dedicated to advancing SDG 8 – albeit in a different manner than humitas – by harnessing the opportunities and navigating the challenges presented by innovations in science, technology, and AI. By leveraging the power of these advancements, we aim to create opportunities for decent work and economic growth, ensuring that the benefits are inclusive and far-reaching. However, we are also acutely aware of the need to address potential threats, ensuring that these innovations do not exacerbate existing inequalities but instead serve as tools for empowerment and positive change. Through collaborative efforts, we strive to build a future where progress is not only measured by technological advancements but also by the positive impact on individuals, communities, and the planet.

Recipe submitted by: Dael Vasquez

Dael is a consultant at CIBC responsible for analyzing global policy developments and crafting unique strategies to advise the bank's Executive Officers and Board of Directors on how to optimize CIBC's performance in the face of emerging regulatory risks. His areas of expertise lie in ESG, cryptocurrencies and CBDCs, and prudential regulations.

To support the communities he belongs to, Dael passionately advocates for policies that advance youth priorities through the non-profit he co-founded, Engage. Leading a team of 20+ youth, Dael develops and implements Engage's government relations strategies and conducts research on political stakeholders, policy trends, and strategic communications techniques. Some of the projects Dael has worked on at Engage have dealt with healthcare, affordable housing, and innovation.





Canadian Feed the Children

Canadian Feed The Children is on a mission to unlock children's potential through community-led action in Canada and around the world. One way they are doing this is through their Indigenous Food Forests program.

Based on the science of permaculture, a food forest is a nature-inspired multifunctional agricultural system that provides fruits, vegetables, other edibles, medicines and more. Unlike a traditional farm, a food forest is self-sustaining once established. This means it can feed families for generations while helping Indigenous communities re-establish food sovereignty.

You can learn more about food forests and CFTC's work [here](#). It features a short film highlighting the role of food forests in laying a path to food sovereignty along with quotes from Indigenous community members about the importance of food forests.



CIDER BRAISED QUEBEC PORK



Ingredients

- 675 g Porc shoulder, cubed
- 60 ml Butter
- 1 cup Carrots, cubed
- 1 cup parsnip, cubed
- 1 cup Mushrooms, quartered
- 1 onion, finely diced
- 2 cloves of garlic, minced
- Flour, 60 ml
- 1 cup cider
- 2 1/2 cup chicken broth
- 1 sprig of thyme
- 2 sprigs of rosemary
- 1 apple, peeled and cubed
- 75 ml maple syrup
- 30 ml dijon mustard
- Salt and pepper to taste

Cider Brasied Quebec Pork

1. Preheat your oven to 325 °F.
2. Clean and peel the carrots and parsnip, then cut them into 3cm cubes.
3. Clean and quarter the mushrooms. Chop the onion and mince the garlic. Set aside.
4. Clean and cut the pork into 4cm cubes.
5. On the stove top, in a cast iron pot on medium-high heat, using the butter, sear the pork cubes until golden. Set aside.
6. In the same pot, on medium-low heat, add the root vegetables, onions, garlic and mushrooms. Sweat for 3 minutes, or until the onions become translucent.
7. Add the flour and continue to cook while stirring for 3 minutes.
8. Deglaze with the cider and add the broth.
9. Add the pork back into the pot along with the thyme and rosemary and bring to a gentle simmer.
10. Transfer to the oven, covered, for roughly 2 hours, or until the pork is fork tender.
11. Add the cubed apples and dijon mustard, and cook for an additional 30 minutes.
12. Season to taste and enjoy!

Chef's note: Depending on your oven, you may need to add water throughout the braising process. Don't let the pot dry out!

This recipe offers perfectly Québécois flavors with local ingredients, available within a radius of less than 150 km of major urban centers. This recipe therefore encourages short-loop sourcing, the local economy and the reduction of greenhouse gases.

Recipe submitted by: Jason Green

With a passion for the culinary arts coursing through Jason's veins, a remarkable journey unfolds over two decades of professional experience. Having honed culinary skills in diverse kitchens from french to Japanese, Indonesian to south American and everything in between, Jason Green emerges as a seasoned chef with an unparalleled flair for crafting delectable dishes across various cuisines. From owning and managing successful restaurants to venturing into entrepreneurial endeavors, Jason has proven to be a trailblazer in the culinary industry.

Now, embracing a new chapter, Jason has decided to channel this wealth of experience and passion for food towards a noble cause. Serving as the Executive Chef of The Chic Resto Pop, Jason is committed to elevating the dining experience while fostering a sense of community, making sure that every client, regardless of social or economic status can benefit from a warm meal with dignity and respect. In this role, the culinary virtuoso aims to bridge the gap between exquisite culinary creations and community building, bringing people together through the universal language of food.

Jason's culinary journey is not just a feast for the palate but a testament to the transformative power of food in uniting communities and enriching lives. As the Executive Chef of a community-centric establishment, Jason continues to embark on a culinary adventure that transcends the boundaries of taste, making a lasting impact on both the plate and the community it serves.



The Chic Resto Pop is a socio-professional integration and social economy enterprise, and a community action organization created in 1984. Operating in an underprivileged neighborhood in Montreal, the Chic serves low-cost meals to more than 600 people per day, helps unemployed people enter the job market and contributes to society through its social and community services. In addition to its social and community components, the Chic Resto Pop offers home meal delivery services as well as food deliveries to local schools. More broadly, the Chic's social mission is to empower people through food and work.

The meals offered by the Chic are varied and change every week. This contributes to a **healthy and safe diet** that reduces problems (thus reducing the burden on the health system) and food insecurity. The Chic Resto Pop serves balanced meals and promotes healthy lifestyle and eating habits. It encourages sustainable agricultural practices (in partnership with Sentier Urbain) as well as "local" and seasonal eating. This includes, for example, the public market of the Chic, which offers fruits and vegetables at token prices to the people of the neighbourhood who want to eat well and spend less. It also includes culinary workshops with children to raise awareness at an early age.

Thanks to the various training courses offered, the Chic helps people in their professional reintegration process. The goal is to give them **the keys to find work and overcome financial insecurity**. These training courses, in addition to being professionalizing, are people-focused (helping them with administrative paperwork, finding concrete solutions to their problems). It also means giving them the tools they need to overcome job and food insecurity. The training courses aim to empower these people in their job search and promote their social and economic integration regardless of age, gender, disability and cultural background.

The mission of the Chic would not be achievable without partnerships. Indeed, the restaurant has many partners in the neighbourhood and participates in various neighbourhoods coordinating committees in order to best meet the needs of the population. With regard to food, the restaurant's core mission, organizations such as Sentier Urbain (an organization promoting the mobilization of communities for urban greening) and Moisson Montréal (a food recovery and redistribution organization), help them to carry out this mission. The development of relationships between different organizations in order to best meet the needs and interests of the residents of the neighbourhood is essential. This makes it possible to pool financial and human resources in order to move together and more quickly towards common objectives.

NILLIK (CANADA GOOSE) DINNER



Having been raised in a remote fly in community in Nunatsiavut I never really measured my ingredients and nor did I witness this very often. Everything was estimated and everything was learned by watching my family and other relatives in community conduct everyday tasks and chores.

Ingredients

- 1 Nillik / Canada Goose – plucked and gutted
- 4 Potatoes
- 4 Carrots
- 1 Turnip
- Half a cabbage
- 1 package of salt beef
- 4 Corn on the cobb
- 1 small bag of bread crumbs
- Salt and pepper
- Savory (optional)
- Half an onion
- 2 - 3 cups of flour
- Cornstarch (if preferred)
- 1 tsp of baking powder

Nilik / Canada Goose

The toughest part about nillik dinner is not only hunting it, but plucking and gutting it which requires a lot of time and patience. Plucking the feathers of a Canada goose can take approximately two hours, sometimes less depending on the expertise of the plucker. Ensure all the feathers are removed and then place the goose on a large cutting board. Make sure the breast is facing upwards and the feet are close to you. Once you find the rib cage near the belly make a cut towards the leg of the goose moving along the bottom of rib cage. From there you haul out the organs and the intestines. Place the heart, liver and gizzard aside to cook for later. Carefully clean your goose in the sink with cold water to wash off any excess feathers, blood, etc. Add salt and pepper on the goose and then put the goose aside for a few moments while you make your stuffing.

NILLIK (CANADA GOOSE) DINNER

Stuffing the Nillik

Put your bread crumbs in a pan and season with salt & pepper. You may also add some savory. Cut up half an onion in small portions and add to the bread crumbs. From here put the bread crumb mixture into the bird where you have created an opening. Sew it up if you wish, however I tend not to do so. Next, place the goose in a roaster with a little water on the bottom of the pan so it won't dry out. This also makes for good gravy. Add more salt and pepper to your liking and cover the roaster. I usually cook nillik on low heat at approximately 350 degrees for 3 hours to create a tender meat. Check on the goose regularly to baste it and ensure it doesn't dry out. You may have to leave the goose in the oven for less or more time depending on the size of the goose and depending on the temperature of the oven. When done to a tenderness of your liking, cut up the goose in portions and place on a platter to serve later. Leave the goose broth in the roaster to make gravy when ready. I tend to add the gizzard, heart and liver to the roaster when I initially put the goose in the oven. Some people however, may place the organs in the roaster when the goose is half cooked. This is certainly a preference of the chef.

The Duff – to go on top of the Nillik

Approximately 10 minutes before the goose is ready the chef may make a dough to create what is the duff. In a bowl add approximately 2 cups of flour, 1 teaspoon of baking powder and some salt and pepper to taste. Mix up the dough mixture and add enough water to make a bread dough. Make sure the dough is smooth and not sticky – unless you like it this way. Roll this out and place on top of the goose and put back in the oven for approximately 10 minutes or when the dough is golden brown. Once done cut up the duff in a few servings and put aside.

Salt Beef

You may prepare your salt beef before or during the same time you prepare your goose. First of all, cut up the salt beef in cubes or small chunks. Place the salt beef in a pot of water on the stove and bring to a boil. Turn it down on low to medium heat and continue to boil it for 1 hour. Change the water and continue to boil it until the meat is tender. I tend to boil salt beef on low to medium heat for a total of 3 to 4 hours as I like my salt beef tender. Drain the water and place the salt beef aside until ready to serve.

NILLIK (CANADA GOOSE) DINNER

Vegetables

While the goose is in the oven you may prepare your vegetables. Peel and cut up your carrots, cabbage, turnip and potatoes to a size of your liking. I tend to boil the cabbage and turnip for about 20 minutes first, and then add the carrots and potatoes for another 20-30 minutes leaving all vegetables together. Vegetables are usually boiled to a consistency of the chef's and/or guest's liking. Once done set aside until ready for serving. At this time, you may split the 4 corns on the cobb in half and boil them for 5-10 minutes in a separate pot. I tend to boil my corn on the cobb for 10 minutes as I like it this way.

Gravy

You may now make your gravy in the roast pan that your goose was cooked in. Add 2 cups of the vegetable stock from the boiled vegetables and pour into the roaster. Mix 4 tablespoons of flour in a cup or two of water. Add a dash of salt and pepper to taste and create a smooth thick mixture ensuring the lumps are dissolved. You may also substitute the flour with 2 tablespoons of cornstarch. I prefer making gravy from flour. Add the mixture to the roast pan and bring to a boil while constantly stirring. Turn the heat on low and continue to stir until mixture thickens. Once ready place the gravy in a gravy dish until ready for serving.



I have two words, and that is simple cooking. Cooking was very basic in my family. Meat, hard stock vegetables and salt and pepper for the most part, were the main ingredients. Nillik dinner or Canada goose dinner is commonly cooked in my home community where I was raised, especially during Thanksgiving and Christmas. The nillik is primarily hunted in the spring and fall and is a fairly dark meat, and also one of my favorite meals from home, Nain, Nunatsiavut. During the fall months I am often gifted a nillik hunted by my nephew or one of my cousins, which is transported down through a friend or family member traveling to St. John's where I currently reside. I always appreciate this meal and I am forever grateful to the hunters who make the journey to hunt this bird so that he/she can provide to our family and other family and friends in the community.

The act of hunting by community members/hunters was never done for the sole intention. Hunting birds and other animals such as marine life was an activity to provide for family and community members. Inuit hunters are the experts on understanding the environment such as the sea ice, the migrations of birds and animals, and experts on providing food and resources to family and community in the sub-Arctic North and Northern areas in Canada. Sustainability was learned by seeing and doing, and for myself, that meant as a child collecting bird eggs upon ice break up in the month of June by traveling by boat to islands where we gathered eggs just as our Inuit ancestors did.

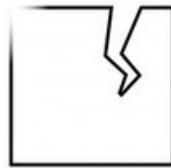
Since childhood sustainability was knowledge gained by seeing and doing in an Inuit environment in which I was raised. From my earliest memory I recall knowing that when I honed in on various bird's nests (for me primarily duck and gull eggs) I knew I had to leave at least one egg in each nest to ensure birds came back the next year. Aside from learning sustainability without actually knowing the word itself, I was never hungry, and what we gathered (eggs, berries, etc.) as children was nutritious and from the land. You can't get a more authentic experience or healthier meal than that. I currently stay connected with family and community the best I can, however travel costs to the North are horrendous. It costs approximately \$2300 to fly to Nain from St. John's (2 flights) return, and that is within the same province of Newfoundland and Labrador. I do however, work in post-secondary education providing supports to Indigenous students not only from Newfoundland and Labrador, but also from Canada and around the world. It is a most gratifying position to learn from Indigenous students with diverse backgrounds and lived experiences.

Recipe submitted by: Valeri Pilgrim

Valeri Pilgrim, B.A. (UNB, Fredericton) & M. Phil (University of Oslo, Norway), was born in North West River, Labrador in 1972, to parents of Inuit and settler families. From the age of two years old, Valeri was raised in the remote, sub-Arctic Inuit community of Nain, Nunatsiavut, the birthplace of her mother, Ellen Ford. Valeri's maternal grandmothers were Sybilla Nitsman (née Pamak) of OKak and Hopedale, and Rosie Ford (née Pamak), also of OKak and Nain. Valeri's maternal grandfather was Joe Ford of Killinek, Nain, Black Island and Cape Little, Nunatsiavut. Her father, Rod Pilgrim (born in Ailik, Nunatsiavut) is the son of fisherman, John Pilgrim (1892-1957) of Griquet, NL and Ailik & Postville areas of Nunatsiavut. Valeri's paternal grandmother was Augusta Pilgrim (née Dicker) of Nain and Happy Valley-Goose Bay. Valeri identifies as a Kablunângajuk, which embraces both her Inuit and settler roots. She is also a beneficiary of the Nunatsiavut Government located in northern Labrador. Valeri is the proud mother of 2 children, Kirsten (29) and Dominic (17).

Valeri has been working at Memorial University for over 13 years on the St. John's campus in various roles, however she is currently the Manager of the Indigenous Student Resource Centre (ISRC) located at Juniper House, a beautiful home away from home on campus for Indigenous students on campus.





Maritimes-Guatemala
Breaking the Silence Network (BTS)

Maritimes–Guatemala Breaking the Silence Network

The Maritimes–Guatemala Breaking the Silence Network (BTS) is a human and environmental rights solidarity network of people in the Maritimes. It was founded in 1988 to support the efforts of Guatemalans struggling for political, social, and economic justice. BTS is inspired by the vision and practices related to food sovereignty of our Guatemalan partners. Here we highlight two of our partners. For more information, go to <https://breakingthesilenceblog.com/partners/>

The Mesoamerican Permaculture Institute (IMAP), based in San Lucas Tolimán, was founded in 2000 by a group of Maya Kaqchikel people concerned by the serious environmental, social and cultural problems affecting the nation. They established an ecological education center to promote permaculture techniques, local biodiversity conservation, production of organic food, and a seed bank that strives to reconstruct the Mayan seed heritage.

The Highlands Committee of Small Farmers (CCDA) works courageously for land and labour rights across Guatemala. This includes support for local small-scale coffee farmers to access international markets for the sale of their organic coffee beans at a fairer price, with BTS and the Just Us! Fair Trade Roasters' Cooperative supporting the CCDAHe in the Maritimes, by promoting and selling Breaking the Silence coffee across the Maritimes, including a weekly kiosk at the Halifax Forum Farmers' Market.

WE'RE THE INTER-COUNCIL NETWORK

The Inter-Council Network (ICN) is a coalition of the eight Provincial and Regional Councils for International Cooperation. These independent member-based Councils are committed to global social justice and social change, and represent more than 350 diverse civil society organizations (CSOs) from across Canada.

The ICN provides a national forum in which the Councils collaborate for improved effectiveness and identify common priorities for collective action. Rooted in communities across Canada, we are leaders in public engagement at a local and regional level, and are recognized for bringing regional knowledge and priorities to the national level.

Created in 2006 through a collective effort of the Councils, and supported through CIDA funding from 2007, the ICN has met and continues to address key needs of the Canadian international development community. Representing over 350 CSOs, we are well placed to identify and address regional concerns, and are deeply aware of the needs and challenges of the small and medium sized civil society organizations within our sector.

The Councils work with diverse national, regional, and local organizations from the ground up. Each Provincial and Regional Council is also a member of Cooperation Canada, an Ottawa-based membership organization and key partner of the Regional and Provincial Councils. Each Council's membership spans from cultural community civil society organizations to highly recognizable international organizations. The ICN itself partners with national networks and organizations to ensure public engagement activities reach communities from coast to coast to coast, and that our voice reflects the interests and values of our members.

