

## Food Security Initiative and Komasket Community Garden

Food is in our culture, it is a way of life, a way to connect and be with community. Sadly, it is also something that has historically been taken from many indigenous people. Throughout our oral history there are stories of children going hungry, suffering malnutrition and a systemic destruction of food sources. Residential schools were also renowned for using food scarcity and malnutrition as weapons of punishment against the children.

The food security initiative at OKIB is our way of taking back the power to feed our community and creating food sovereignty together once again.

The Komasket community garden is 73 garden beds of organic vegetables grown by, preserved and consumed by the OKIB community, allowing us to build a reliance on our locally grown food and less on unreliable food supply chains.

An industrial dehydrator/freeze dryer will help us preserve many of our vegetables and ensure a food supply through winter months.

The location of the garden is right beside the day care and the soon to be opened immersion elementary school.

This helps get the kids involved as they come weekly, if not daily to check on the garden beds they have planted. They also have made garden signs with traditional names of the veggies.

It is great to see their joy in their eyes as they watch the progression of their plants. When veggies are ready to be harvested, they take them back to school, give them a wash and get their lunch time snack. It is a beautiful gift for everyone to see our children be fed once again with nutritious food that has been provided by the land.

It is greatly appreciated that people want to see our community thrive and thank you for your kind offer to help us do just that.

Nikki Lorentz  
Food Security Coordinator  
Okanagan Indian Band



To Donate please go to <https://gofund.me/55c2fb8c>