

If there
were no
cars.

If there
were no
grocery
stores.

What
would
you
eat?

Traditional Foods Fear Factor

FIRST NATIONS YOUTH from Vancouver Island will show their stuff in a "Fear Factor" Eating Contest featuring Traditional SeaFoods from the Island.

ARE YOU TOUGH ENOUGH to swallow a raw sea urchin? Can you chew those rubbery rock-stickers? Are you hard-core enough for those barnacles? How much oolichan grease can you pack back?

THIS CONFERENCE IS HOSTED BY: SNUNEYMUXW FIRST NATION, **NANAIMO BC**

WHY A CONFERENCE? To bring people together in Nanaimo to celebrate traditional foods of Vancouver Island First Nations and to discuss the four pillars of nutrition, healing, safety and community.

FOR REGISTRATION & QUESTIONS: Please contact conference coordinator, Kate Kittredge: kkittredge@shaw.ca (778) 430-1243



a celebration of traditional foods
**SECOND ANNUAL
CONFERENCE
APRIL 17TH-18TH**

