

A TASTE OF CULTURE

PASKWA MÔSTOS
A NEW HOT LUNCH EXPERIENCE

HPSD COMMITMENT

High Prairie School Division is committed to providing a healthy environment through a nutritious meal program, nurturing students' well-being and inspiring them to thrive academically and personally.

"Our food is our medicine, our food is healing, our food brings everybody together, our food creates family."

-Jenny Cross, Haida Elder



hpsd.ca



PROGRAM OVERVIEW

A Commitment to Nutrition and Learning



All elementary schools (K–6) have dedicated cooks who prepare meals for students. In high schools, students prepare meals for one another through hands-on, credit-earning culinary courses.

Free meals are provided to ensure that no student goes hungry, supporting those in need.

These meals offer a wide range of nutritious and culturally diverse options, helping students expand their palates and develop an appreciation for healthy eating.

HPSD HOT LUNCH

Division Make-up

Serving 12 Schools Across Our Region

Our hot lunch program spans a vast geographic area, ensuring access to all corners of HPSP.

3,500 Students Impacted

Approximately 50% of our students identify as Indigenous—and every student benefits from a daily nutritious meal.

Nutrition for Every Student

We're committed to making sure no child goes without a healthy meal during the school day.

Honouring Indigenous Cultures

We celebrate our students' heritage by offering traditional Indigenous meals as part of our menu.



THE NUMBERS

62% Student Participation

On average, over 60% of students across the division enjoy a daily hot lunch—making it a vital part of our school day.

Supporting Students with Food Insecurity

Approximately 12% of our students face food insecurity. These students are discreetly identified by staff and peers, and are provided with nutritious meals—completely free and without any conditions.

Affordable & Sustainable

Every meal is prepared for under \$5, helping us maintain a program that is both impactful and sustainable long-term.



62%
Student
Participation



12%
Students with
Food Insecurity



< \$5
Affordable &
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SALAD BAR SERVICE

Cost Efficient

Salad bars are free, and in 2025-26, lettuce will be provided from HPSPD's farm.

Options

A wide variety of fresh vegetables, fruits, and toppings encourages students to broaden tastes. Theme days further support by adding new flavour combinations.

Healthy Choices

Students are given the opportunity to make healthy food choices.

Wide Reach

30% of the school access the salad bar on any given day.



WHO IS FEEDING OUR STUDENTS?

In our division, each school has a unique approach to meal preparation:

- Elementary Schools (K–6): Dedicated cooks prepare nutritious meals tailored to younger students' needs.
- High Schools: Meals are prepared by students themselves, working under the supervision of a teacher.

This model not only ensures students are well-fed but also:

- Gives high school students a chance to develop real-world cooking skills.
- Helps them earn high school credits towards graduation.
- Fosters a stronger sense of community as students care for and support each other.



BECOMING SELF-SUSTAINING

BUILDING A SUSTAINABLE AND COMMUNITY-FOCUSED FOOD SYSTEM



HPSD is proud to source most of our ingredients from local suppliers, building a sustainable and community-focused food system.



We've invested in a vertical farm to grow fresh fruits and vegetables year-round. This not only provides high-quality produce but also creates revenue that goes right back into our nutrition program.



Local ranchers supply Bison meat, while members of Indigenous communities contribute wild game, honoring traditional food sources and cultural knowledge.



Shop local for necessary items and the program started with the introduction of living walls throughout our schools to promote agriculture and an investment into healthy produce

Phase 1



Phase 2



Phase 3



EDUCATIONAL IMPACT

Students can earn credits through CTS and Green Certificate programs:

- CTS Business: Learn farm-based economics and marketing.
- CTS Agriculture: Gain hands-on gardening experience and explore sustainable practices.
- CTS Environmental Studies: Study water use and the effects of consumerism.
- Green Certificate – Greenhouse: Dive deeper into greenhouse operations and production.



Social Media Impact



Salad Bar

In the first week, we had **38,612 views** of our post regarding the salad bar. During that same time, we also had 350 interactions in the form of likes, shares, and comments.

Bison

In the first week, we had **25,364 views** of our post regarding the traditional meal. There were 133 interactions in the form of likes, shares, and comments as well.

Vertical Farm

We made an announcement that we had reached our fundraising goal for the vertical farm. This post was up for a week and received **13,269 views** and 230 interactions in the form of likes, shares, and comments.

HPSD INDIGENOUS EDUCATION TEAM

- Land-Based Learning
- Curriculum infusion
- HPSP community Round Dance
- Traditional Handgames Tournament
- Indigenous PD Day



The Vision: Wild Game in Hot Lunch

- môswa
- wâwâskêsiw
- kinosêw

Challenges of Serving Wild Game in a Public School Division:

- Following rules of Fish and Wildlife
- Meat inspection
- Storage



Reconnecting with paskwa mostos



Teachings of paskwa mostos:

- creation story
 - respect
 - facing a storm
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Traditional teachings to be added:

- ceremony
 - hide work
 - pansawan/dry meat
 - bone marrow, sinew
 - traditional storytelling
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Securing a bison:

- local rancher
- transportation
- pick-up

INDIGENOUS INFUSION

- Meals that feature traditional Indigenous foods harvested by Indigenous members
- Foods such as wild game, fish, berries and bannock are prepared using traditional methods
- Collaboration with Indigenous Elders and Knowledge Keepers allowed us to share the cultural significance of the meals
- Students involved throughout the process learn through hands-on experiences and application

Harvest the Animal



Prepare the Harvest



Prepare the Meal



Celebrate



COST OF THE HARVEST



Total Cost
\$6,176

Total Cost
\$6,252



Bison Meat
\$3,429

Butcher
\$2,373

Supplies
\$450



Number of
meals served
1,522



Cost per meal
\$4.05

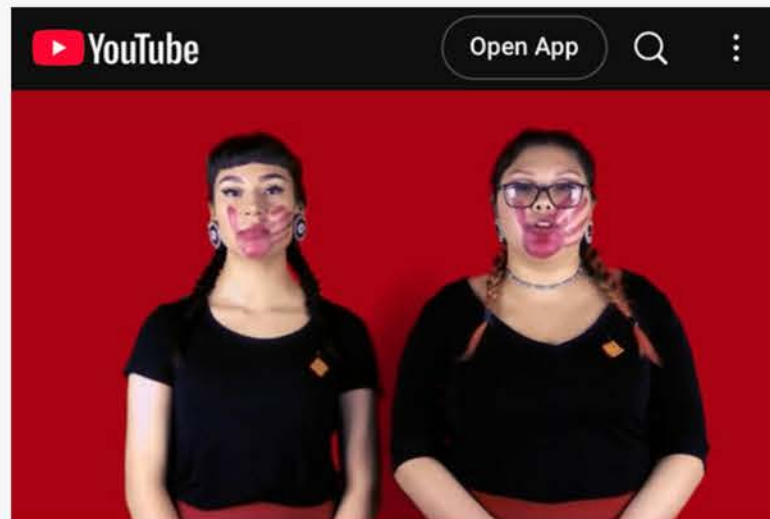
INDIGENOUS CULTURAL CELEBRATION



HPSD has incorporated traditional meats within its hot lunch program.

This program also exposes students to cultural celebrations and experiences.

Youth Council For Reconciliation Plan and Facilitate the Celebration Days



MMIW Video by Roland Michener Secondary School Students



YCR group helps with:

- Orange Shirt Day
- Indigenous Languages Day
- Sisters in Spirit
- Métis Week
- Moosehide Campaign
- Rock your Mocs
- World Water Day
- Earth Day
- MMIP
- Indigenous Peoples History Month
- Elders (they are their helpers)

Indigenous Youth Roots - Food Sovereignty Grant



- The IYR Grant provides funding to projects/groups that seek to create impactful community change and increase the wellness, resiliency, and engagement of Indigenous youth.
- The YCR group applied for the food sovereignty grant.
- As per the requirement of the grant, three youths were voted in as Youth Leaders by their peers.
- Bison is purchased and processed by students in Grades 7-12.
- The processed meat is distributed to the hot lunch programs throughout HPSPD.



NEXT STEPS



- Tan bison hide
- Expand food offerings to include traditional fish such as walleye
- Bypass inspection process via parental permission
- Expand traditional/contemporary meals (eg. Cooking with the Willier)
- Continue to work with Fish and Wildlife to make wild game accessible



THANK YOU



ARE THERE ANY QUESTIONS?



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