



Indigenous food ways to sustain wellness

Webinar

March 8, 2022

Guest Speaker Bios



Melinda Sault Coates, Food Strategy Coordinator, NAN

Melinda is an Ojibway member of the Red Rock Indian Band who now lives in Thunder Bay, with her husband Dave and their son, Liam. Early in her university life she was an activist in support of indigenous education and has continued to support her community through her work with her First Nation, with Beendigen, ONWA, and the Thunder Bay Indigenous Friendship Centre. She has been working for the past 21 years with Nishnawbe Aski Nation (NAN). The main body of her work with NAN has been in Governance and Education Jurisdiction, but for the last year Melinda has been working as the Food Strategy Coordinator, mandated to support the 49 NAN First Nations in regaining food sovereignty.



Kelly Gordon, RD, Team Manager- Health Promotion, Six Nations Health Services

Kelly has worked as a registered dietitian for over 18 years, focusing on community wellness. Kelly is Kanyen'keha (Mohawk) and a proud mother of two energetic children. A graduate from McGill University, she has strived to use her experience and knowledge to support well-being within Indigenous communities. Currently Kelly works with Six Nations Health Services as a team manager of health promotion; she previously worked for Toronto Public Health, Davenport Perth Community Health Centre and she continues to work with various Indigenous organizations. Kelly is co-chair of the *Nourish* Indigenous and Allies Advisory, supporting work to increase access and availability of Indigenous foods within healthcare settings. Kelly has presented and advocated to a variety of audiences speaking to how “food is a pathway towards reconciliation”, looking towards Indigenous food and food ways in response to the Truth and Reconciliation Commission (TRC) of Canada’s calls to action. Kelly’s work focuses on acknowledging of Indigenous knowledge and how it can be integrated into her everyday work, supporting community members on their journey towards their own wellness.



Kitty R.Lynn Lickers, MA, Community Food Animator, Six Nations Health Services

Kitty R.Lynn Lickers is from Six Nations of the Grand River. She is a Mom, Gramma, Auntie, gardener, teacher, cook, and always a feeder of people. As the Community Food Animator at Six Nations Health Services on Six Nations Kitty teaches and promotes planting, growing, preserving, seed saving, eating fresh local food. With a Master's in Social Justice and Community Engagement, Kitty is making change in the world by growing food and sharing ways to become sustainable and sovereign in our food systems, always encouraging people to claim or reclaim their connection to our (traditional) foods. She encourages relationships to self, each other, community, our food ways and strives to share knowledge wherever she is.