



Who We Are

Kitselas First Nation, “people of the canyon” in Sm’algyax, honors its heritage and achievements. About half of members live on Gitaus and Kulspai reserves, with others in Terrace and across Canada. Kitselas Canyon, in Gitaus, is the Nation’s heart, historically a toll point on the Skeena River.



Project Overview

The Kitselas Traditional Foods program strengthens food sovereignty in Kitselas Nation by combining culturally rooted forest gardens and conventional community gardens. Through mentorship, workshops, and hands-on gardening, it reduces food insecurity, builds self-sufficiency, and fosters skills, knowledge, and community participation, while reconnecting with traditional practices and supporting youth engagement.

Key Highlights

Over 22 weeks, the Kitselas Traditional Foods Program supported 126 households with fresh, local produce—growing 880 lbs in our garden and sourcing 2,200 lbs from Cameron Bell, a local farmer and mentor who offered ongoing training and guidance. His expertise informed key infrastructure decisions, including a new greenhouse for forest garden plants. Eight community members were employed, trained and engaged in planting, harvesting, and Summer Kitchen events, strengthening local food networks.



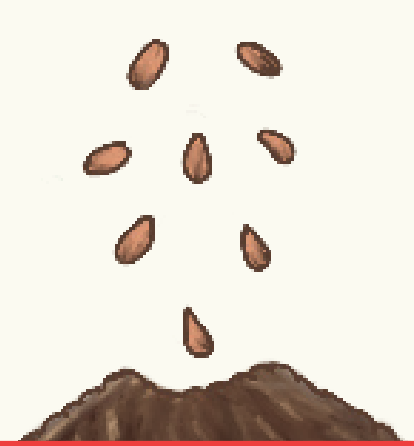
Stories of Impact

The Kitselas community garden has become a lively hub again. With two local students hired part-time, community production increased by 50%. Excitement is growing around the newly acquired lot and greenhouse, while mentorship with farmer Cameron Bell continues to strengthen local knowledge and collaboration.

Next Steps

The Kitselas food program employs on-reserve members, partners with food-growing experts, and revitalizes the ancestral forest garden by removing invasive trees. A 30×48 ft greenhouse is under construction for forest garden plants. Partnerships with UBC and SFU support research, including a composting project creating nutrient-rich forest garden soil from community resources.

Stages of Food Systems Transformation



Seeding

- Create spaces and opportunities for communities to gather
- Build skills, competencies and leadership
- Engage in critical reflection



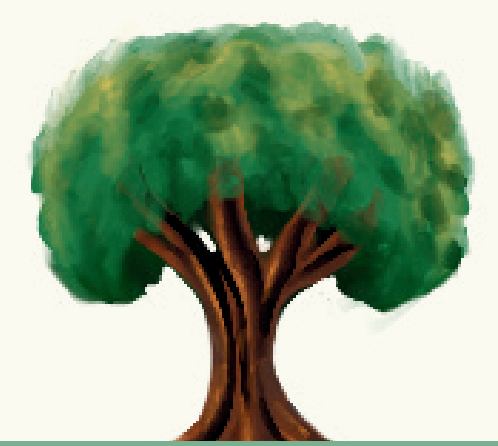
Germinating

- Strengthen networks and coalition building
- Foster equitable relationships and collaboration
- Create processes for accountability and transparency



Rooting

- Facilitate mutual knowledge and resources sharing
- Stimulate co-creation of knowledge
- Leverage community leaders and assets



Growing

- Engage in transformative collective action projects
- Engage in transdisciplinary action research
- Strengthen social movements

Contact

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