

SMEKA7TS COMMUNITY KITCHEN

S7ILHEN Food Pantry



TANNIS LOUIE ADMIN COORDINATOR

Tannis Louie is a proud member of Shishááh (Sechelt) Nation, daughter to Alan and Beverley Louie, and a loving mother to three handsome young men, Theiren, Leighton and Talan. In the thirty years of living on the North Shore, she has loved working and volunteering within the Squamish Nation community and appreciates living on the Xwemelch'stn reserve with her family.

Tannis enjoys coordinating events, cooking, trying new foods, engaging in the community and developing strong positive relationships.

If you ask her what her best feature is, she would say it is the love for her children and community.

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WHAT IS SMEKW'Ú7TS COMMUNITY KITCHEN?

Smeḵw'ú7ts (Food Sharing) aspires to build a healthy community by providing a safe place to learn and improve skills including food preparation and cooking. Ayás Méńmen will host a six-week program for community members to meet once a week to cook and take a meal home for their families. This participant driven kitchen will actively involve everyone in preparing and cooking the food. Involved participants will:

- Develop food knowledge and cooking skills
- Learn to plan meals
- Become more skilled in budgeting and shopping
- Learn cost-effective shopping skills
- Try new foods and recipes
- Take home tasty and nutritious meals
- Learn how to read food labels
- Build confidence in cooking
- Cook in a social atmosphere and meet new friends
- Share your skills and knowledge

WHAT IS S7ÍLHEN FOOD PANTRY?

S7ílhen (Food) is a food pantry of nutritious food available to membership, who are experiencing an emergency food need. We believe everyone should have access to healthy, nutritious food and no one should ever go hungry. S7ílhen will be open 2 days per week and stocked with basic perishable & non-perishable foods and personal hygiene supplies that members can access when needed.

THE GROWCER

The Growcer, a hydroponic container farm, is an innovative effort to improve the current food system and confront the ongoing challenge of obtaining sustainable food. The Growcer will allow Squamish Nation to take control of the produce supply chain and increase food sovereignty by growing sustainable local produce like leafy greens, herbs and medicines year round.

AYÁS MÉNMEM

We are guided by Squamish Values and Teachings:

Chiyáxw-Chéńchenstway (Working Together): it is our law to uphold one another. These teachings speak of the ways in which the people interact as Squamish people, parents, friends and communities who support one another.

In keeping with our values and teachings of Guide, Protect and Provide, Ayás Méńmen shares with our community through food-sharing programs. Smeḵw'ú7ts Community Kitchen, S7ílhen Food Pantry and The Growcer strive to address issues of food sovereignty, security and accessibility.



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Ayás Méńmen
Child & Family Services

Please stay tuned for updates on Squamish Nation Website.