

# Research Partnerships with Paulatuk

NWTAC Meeting

February 27, 2025

Mayor Ray Ruben – Hamlet of Paulatuk



Celina Wolki

ISR Food Security  
Coordinator and  
Cooking Circles Programs



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# Celina Wolki ISR Regional Food Security Coordinator and Cooking Circles Programs

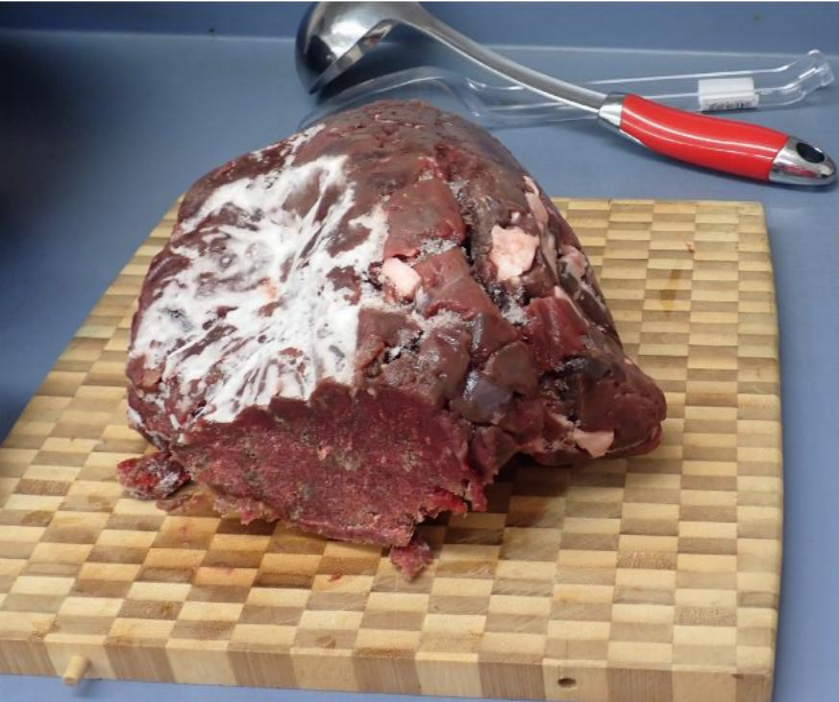
Coordinator position funded by researchers and  
cooking circles programs funded by community  
funding and NNC/IRC







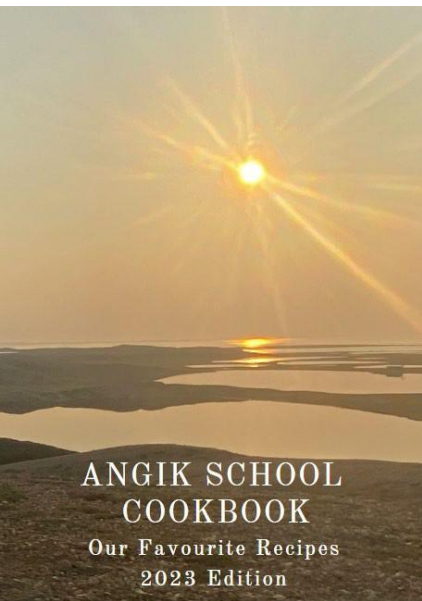






# Collaboration, Communication and Co-Presentations

Support, collaboration and community meetings with Paulatuk Community Corporation, Hunter & Trappers Committee, Elder's Committee, Angik School, and Hamlet



Newsletters, magazines, cookbooks



Community presentations, Community Research Leads, Regional and National gatherings



Workshop: Co-interpretation of results



Co-presentations



# Paulatuk Food Research

- Northern Store - empty shelves and highest cost of food in the ISR
- Research on shopping experiences
- Team provides recommendations to federal Nutrition North Canada program
- Importance of community freezers
- Support for country foods in school and with youth, Elder interviews
- New diabetes project on access to food and healthcare

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Stress, Sacrifice, and Substitution:  
Community Perspectives on the Consumer Food Environment in Paulatuk, NWT.

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Fig. 1 Location of the Inuvialuit Settlement Region and its six communities.

**Background**

Food systems are prevalent throughout the Northwest Territories, where country food is not only a part of the diet but also deeply embedded in cultural practices. As a result, the research in the region has focused on these traditional food systems. However, there has been less emphasis on retail food systems, particularly on the consumer experience within them.

Limited food selection results in foods frequently being substituted for other products or for cheaper items.

Sacrifice and substitution result in items placed on the consumer. Products are not readily available and at unaffordable prices, resulting in a stressful shopping experience.

High food costs result in consumers sacrificing how many products they can buy for their families and must sacrifice buying certain products over others.

Fig. 2 Framework of the Arctic Community Shopping Experience

**Conclusion**

- Residents of Paulatuk face challenges with affordable, fresh produce, which is often unavailable. Community members express frustration over store management and lack of action to address the issue.
- Key concerns include unreliable supply and high retail costs.

**COUNTRY FOODS for GOOD HEALTH**

