Inuksiutit Food Sovereignty project logo

**Guide 02**

**Interviews (health practitioner)**

**Background**

This project takes a semi-structured narrative interview approach. Therefore, these questions are guiding tools, rather than a strict structure like a questionnaire. Other topics may be explored as they arise.

The purpose of this narrative approach is to understand community member’s perspectives on food systems and animal health. We are working on a project about Inuit food, and feel it is important to learn more about the local food system and role of country food in health, from those who are knowledgeable about community health.

Participants will read and sign a consent form before the interview begins. With written consent, the interview will be filmed. It is expected that the interview will take around 1 hour, to ensure the participant has enough time to express themselves fully. Interviews will take place in the participant’s home, a community center, or other location of their choosing.

**Interviewer Introduction**

My name is X, and I’m working on a research study about the digital documentation of Inuit food knowledge.

Do you have any questions about the consent form, or my research more generally? If any questions do come up, feel free to ask me now, or contact me via the information on the sheet.

I would like this interview to be more like a conversation, so if there’s anything you are thinking about, or if you want to raise your topic, please feel free to do so. If you are uncomfortable at any time, we can skip a question, or stop the interview completely. This is not a problem for me at all.

**Guiding Questions**

1. Can you please tell me a little bit about yourself?

* Probes:
* Name, home community, age, gender, occupation, etc.

1. What country foods did you grow up eating and preparing?

* Probes:
* Who did you learn from?
* What is your favourite thing to prepare/eat for yourself or your family and friends?

1. In your experience as a nurse and as a community member more generally, what is the role of Inuit food in health?

* Probes:
* How can country food assist in healing from illness or health issues?
* Is there something that you always told/tell people to eat for health/healing?
* Are there specific animals/parts of animals or foods which help with certain illnesses?
* Are there specific preparation techniques for using food for healing?

1. Have you (or your community) observed any changes to diet or nutrition over time?

* Probes:
* When did you notice these changes?
* Why do you think this has occurred?
* Have you heard this from other people as well?
* Do people crave country food differently?

1. Have you (or your community) observed any changes to the land or animals in recent years?

* Probes:
* Has access to country food changed?
* Why do you feel like this?
* When did you notice these changes?
* Have you heard this from other people as well?
* Have you noticed any changes in animal health?

1. How do changes to diet affect health?

* Probes:
* Physical health?
* Mental health?
* Spiritual health?
* Cultural wellbeing?

1. How does country food contribute to community wellbeing?

* Probes:
* What is the role of country food cooking/preparing/eating in community health?
* Do people share country food differently than store-bought food?

1. What would you like to see happen to support Inuit food in your community?

* Probes:
* Who would you like to see supporting community initiatives?
* What resources or support does your community need to support Inuit food?
* What would food security look like in your community?

1. Is there anything else you would like to share?

* Probes:
* Do you have any questions for me?

**Conclusion**

Thank you so much for participating in this project. If you have consented to me contacting you in the future, I may be in touch with some follow up questions. If you have asked that I send you a final report about the results, I will do so when it is complete. Your perspective has been very helpful and I’m thankful for you sharing your thoughts.

Participant will be given a gift/honorarium at the end of the session.