

# First We Eat

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## Discussion Guide

101 min documentary: Directed by Suzanne Crocker





# Why Watch First We Eat Now

The covid-19 pandemic has made us all acutely aware of the vulnerabilities of long supply chains. FIRST WE EAT can act as a jumping-off point for discussion and inspiration as you think about:

- The benefits of shortening the food chain
- Your own 'foodprint'
- Connecting with the people and the land that produce your food
- Celebrating the food local to your own community.
- Turning to your own community in a time of crisis and valuing your community knowledge holders
- The importance of food culturally, socially and within our families
- Creativity in the kitchen and the benefits of cooking your own food

[Watch the Trailer](#)

Consider bringing locally produced foods, potluck style, to your discussion!



# Film Summary

Putting food sovereignty to the test in the far North of Canada – filmmaker Suzanne Crocker, living just 300 km from the Arctic Circle, removes absolutely all grocery store food from her house. For one year, she feeds her family of five, only food that can be hunted, fished, gathered, grown or raised around Dawson City, Yukon on the traditional territory of the Tr'ondëk Hwëch'in. Add three skeptical teenagers, one reluctant husband, no salt, no caffeine, no sugar and -40 temperatures. Ultimately the story becomes a celebration of community and the surprising bounty of food that even a tiny community in the far North can provide.



“First we eat, then we do everything else” – MFK Fisher

“I actually know where every single ingredient on my plate comes from and I know the people who helped put it there.” – Suzanne Crocker

# Engage & Connect

## **Before Watching FIRST WE EAT – Prompts for discussion before watching**

- Discuss the quote that the title was derived from: “First we eat, then we do everything else” – MFK Fisher
- Name five foods in your kitchen that come from your own community, from your province/territory/state, from your country, from internationally
- Take the 3-minute [Food Print Quiz](#)
- If you decided to eat 100% local to your community, what would you miss most?

## **After Watching FIRST WE EAT – Prompts for a post-screening discussion**

- Are there more foods that are produced closer to home that you could add to your diet?
- “When my grandparents were growing up and living off the land, the land was the freezer, the land was the fridge.” – Jackie (Tr’ondëk Hwëch’in)



# Engage & Connect

- “There is enough food, what there is not enough of is time” – Suzanne (Mother) Does convenience trump all?
- “In my opinion, organic is important if you don’t know your farmer; you’re not able to have a relationship with the source. But if you know your farmer, then you can make decisions for yourself.” (Megan, Farmer)
- “I had this revelation as to why stores are called stores. Because they store things for us!” (Suzanne, Mother)
- Discuss storage and preservation in order to eat locally year-round.
  - <https://firstweeat.ca/benefits-and-choke-points/>
- “Food actually does cost more than what you pay for it in the grocery store. It may seem like you’re getting a really good deal, and you are, but it’s at somebody else’s expense” (Kim, Farmer)
- Discuss the true cost of food.
  - The [Rockefeller Foundation](#) (USA) and the [Sustainable Food Trust](#) (UK) have done an analysis and conclude that the true cost of food is 2-3 times what we pay at the grocery store.
  - Sustainable Food Trust in the UK states that the true cost of food is double what is paid at the grocery store. Find out some of the reasons why by watching this 4 min video: A [Tale of 2 Chickens](#)





- “The only protein that can be produced in the north, comes from animals. You could not eat 100% local to the Yukon, and be a vegan, no way.”  
(Suzanne, Mother)
  - Debate:
    - It’s more important what you eat (ie a plant-based diet) than where it comes from
      - <https://ourworldindata.org/food-choice-vs-eating-local>
    - It’s more important how it is farmed than whether it is plant or animal-based
      - <https://regenerationinternational.org/why-regenerative-agriculture/>
      - <https://theconversation.com/yes-eating-meat-affects-the-environment-but-cows-are-not-killing-the-climate-94968>
- “It’s a long way to a loaf of bread” (Otto, Farmer)
- Discuss these terms: Food Sovereignty, Food Security, Food Accessibility, Food Justice, Indigenous Food Sovereignty, Food Sustainability
- Pick a scene from the film that you connected with, found particularly hilarious, and/or really meaningful, or all the above. What touched you? What did you connect with?
- What is the main takeaway from FIRST WE EAT that you can bring into your life today?



# Take Action Now

- Take the [Personal Action Pledge](#)
- Check out: [What Can I Do](#)
- Seek out your local food producers and how to source their products
- Consider cooking a local meal for your family and discuss where the ingredients came from around the supper table
- Learn about edible plants in your area. If you live in the boreal forest, check out the [Interactive Boreal Forest Foraging Guide](#)
- Take a canning/preserving/fermenting course
- Check out these [Additional Resources](#)
- Be inspired by the [Recipe Page](#)
- [Cooking sustainably](#)
- [Reduce Your FoodPrint 4 Week Challenge](#)



# Other Resources

- [What Is A Food Print And Why Should I Care About Mine](#)
- Listen to the [CBC Radio interview](#) from The Current with director Suzanne Crocker and family (22:26 min)
- Listen to the [BBC World Radio Interview](#) with director Suzanne Crocker and family (30:52 min)
- [Feeding 9 Billion](#): By 2050 there will be over 9 billion people on the planet. Check out these engaging 5 min animated videos by food security expert Dr. Evan Fraser from the University of Guelph on “How to Feed 9 Billion”





# All The Time in The World

Follow this same family, 7 years younger, in the documentary

## **ALL THE TIME IN THE WORLD Summary:**

- Three kids, ages 10, 8, and 5, spend nine months self-isolating with their family in the Yukon wilderness over a long northern winter. Small cabin, no friends, no internet, no phone, no electricity. For nine months they never once said “I’m bored”. Find out why. ALL THE TIME IN THE WORLD is an inspiring, humorous and family-friendly documentary that chronicles life's natural unfolding when a family tries to live by the seasons instead of by the clock.
  - [Watch the trailer](#)
  - [Watch ALL THE TIME IN THE WORLD](#)
- **Share FIRST WE EAT with family and friends to watch at home on their own time:**
  - [Available online](#) in Canada
  - [Available worldwide](#) via DVD

