

# FIRST WE EAT



a film by suzanne crocker

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WE EAT**  
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**World Premiere: HOT DOCS 2020 – Winner Audience Award**

**International Premiere: DOC EDGE 2020 (NZ) – Winner Jury Award**

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FirstWeEat.ca

## Synopsis

Putting food security 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.

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.



Hot Docs 2020

Winner Rogers Audience Choice Award  
& Top 20 Audience Picks

Qualifying List for 2021 Oscars Best Documentary

Winner Jury Award Best in Future Watch  
Doc Edge 2020



"Top 10 Must See Films "  
Indie Wire, NOW Magazine, The Gate

"An absorbing documentary about resourcefulness under pressure and a woman's determination to finish what she starts....extremely well-crafted ... gorgeously shot... packed with tension" - Susan Cole, POV Magazine.

"Viewers keen on putting their own culinary struggles in context will not want to miss this snapshot of what it's like to mine for resources as if one's life depended on it. For the Crockers, it really did." - Eric Kohn, Indie Wire

"An urgent yet tender film that should be prescribed as an essential piece of education on food production" - Doc Weekly"

"Inspirational! An amazing experiment."  
-David Suzuki

## DIRECTOR'S STATEMENT

This film is my story, told from my point of view, and the story of my community.

Ultimately it is a story about:

- struggling to create a better world for my kids
- imposing that struggle on my kids and my kids pushing back
- requiring community collaboration to eat and live well

First We Eat represents a diverse voice - the voice of the Canadian North, the voice of a family with three teenagers, and the voice of a remote community with a long shared history of indigenous and non-indigenous people living and working together.

I live in Dawson City, Yukon, a Northern Canadian community of 1500 people at 64 degrees North, 300 km south of the Arctic Circle, on the traditional territory of the Tr'ondëk Hwëch'in. Dawson is literally at the end of the road. The nearest Starbucks is 550 km away. We are dependent on one road that trucks 97% of our food from thousands of kilometres away.

A few years ago, the only road into the Yukon was cut-off by a landslide. Grocery store shelves began to go bare within 48 hours. That was my wake up call.

I started to pay attention to the labels on my food and noticed how far it had travelled. The implications of depending on food from afar gained new meaning. I learned that over 50% of the vitamins in fresh greens are lost within the first 5 days after picking. I questioned how much nutrition was left by the time it reached my plate.

I wondered if we, in Dawson, could still produce enough food to feed ourselves. I decided the best way to research this question would be to try it. I would use myself and my family as guinea pigs. So, much to my family's disgruntlement, I banished absolutely all grocery store food from our house for one year.

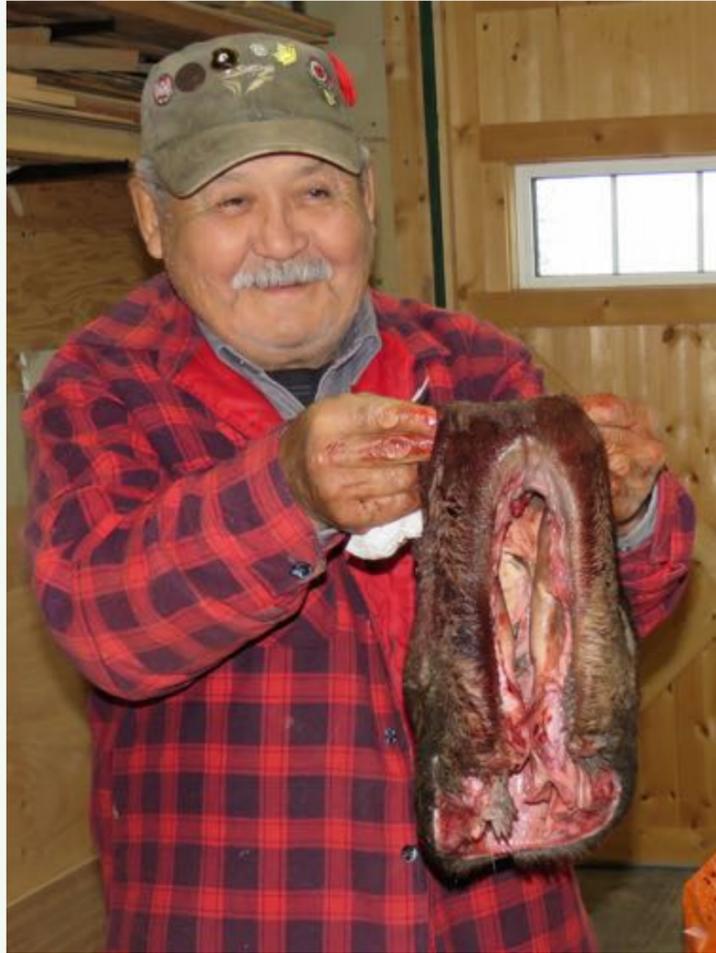
First We Eat is the result.

Suzanne Crocker



Around the world, most grocery stores only stock 3-5 days worth of food.





First Nation citizens overcoming the effects of residential school, have rekindled traditional ways of hunting, fishing and foraging and share their knowledge.



Intrepid Northern farmers use their ingenuity to grow food and raise livestock despite the challenges of weather and moose. Many of them also live off-grid with no road access.



# Key Crew and Personnel

Suzanne Crocker

Director, Producer, Cinematographer

Suzanne Crocker, received national and international acclaim for her first feature POV documentary "All The Time in The World" (2014) for which she was also director, producer, cinematographer and had turned her camera on herself and her family. Winner of 22 Festival Awards from around the world including 9 Audience Choice Awards, 4 Best Picture Awards, 7 Environmental Awards, 6 Youth Awards, including Top 20 Audience Picks at Hot Docs, and Most Popular Canadian Documentary at the Vancouver International Film Festival. All The Time in The World has screened in over 25 countries, on all continents, and been translated into 12 languages.

[allthetimeintheworld.ca](http://allthetimeintheworld.ca)





Michael Brockington  
Editor

Michael Brockington is one of Canada's most sought after editors for theatrical documentary and drama. He has won multiple awards for his work including Gemini Awards, Genie Awards and Leo Awards. Some of Michael's past credits include: Hot Docs Best Canadian Feature Documentary "Koneline: Our Land Beautiful" by Nettie Wild; Hot Docs Best Canadian Feature Documentary Nominee "Everything Will Be" by Julia Kwan; Sundance Special Jury Award "Eve and The Fire Horse" by Julia Kwan; Toronto International Film Festival Canada's Top Ten "On The Corner" by Nathaniel Geary.

Other Editors:

Caroline Christie (Directors Guild of Canada Award 2020 Winner for Best Editing for *Meat The Future* and Nominee for *First We Eat*)

Astrid Schau-Larsen

Nettie Wild  
Story Editor

Nettie Wild is one of Canada's leading documentary filmmakers. Her highly charged and critically acclaimed films have brought her audiences from behind the frontlines and headlines of revolutions and social change around the world.

Winner of two Genie Awards for Best Canadian Documentary (A Place Called Chiapas and Fix: The Story of An Addicted City), Hot Docs Best Canadian Feature (Koneline: Our Land Beautiful), Berlin Film Festival People's Choice Award (Rustling of Leaves: Inside the Philippine Revolution).

Nettie has worked as story editor for such award winning documentaries as "65\_Red Roses" "Blood Relative" and "All The Time in The World".





Music:

Corb Lund  
Alex Houghton  
Andrew Lavolette  
J. Robert Cooke  
Marieke Hiensch  
David Parfit

Sound Design and Sound Mix:

David Parfit

## Dawson City, Yukon

- 97% of Yukon's food is trucked in from down south
- Yukon has more moose than people
- Yukon, with an area larger than California, has a total of 40,000 people. 30,000 live in the capital, Whitehorse
- Dawson, population 1500, is the second largest 'city' in the Yukon
- Dawson is literally at the end of the road
- The closest Starbucks is 550 km away
- Average summer temperature +25C
- Average winter temperature -25C with lows of -40 to -50C
- only 66 consecutive frost free growing days but 24 hours of sunlight in the summer

## The Family

- Year of eating Local: Summer 2017 to Summer 2018
- Suzanne: has lived in Dawson City for 28 years. Rural family doctor in Dawson for 15 years. Switched careers to filmmaker in 2010
- Gerard: Newfoundlander, wood cutter, moose hunter, ice fisher. Retired rural family doctor
- Kids: In film Sam 17 yo, Kate 15 yo, Tess 12 yo.
- Currently Sam 20 yo, Kate 17 yo, Tess 15 yo





Trailer: <https://vimeo.com/258025860>

Facebook: <https://www.facebook.com/FirstWeEatMovie/>

Twitter: <https://twitter.com/FirstWeEatMovie/>

Instagram: <https://www.instagram.com/firstweeatmovie/>  
#FirstWeEatMovie

[FirstWeEat.ca](http://FirstWeEat.ca)

Documentary | 16:9 HD | Running Time: 101 or 55

Produced with the participation of:

Rogers Documentary Fund

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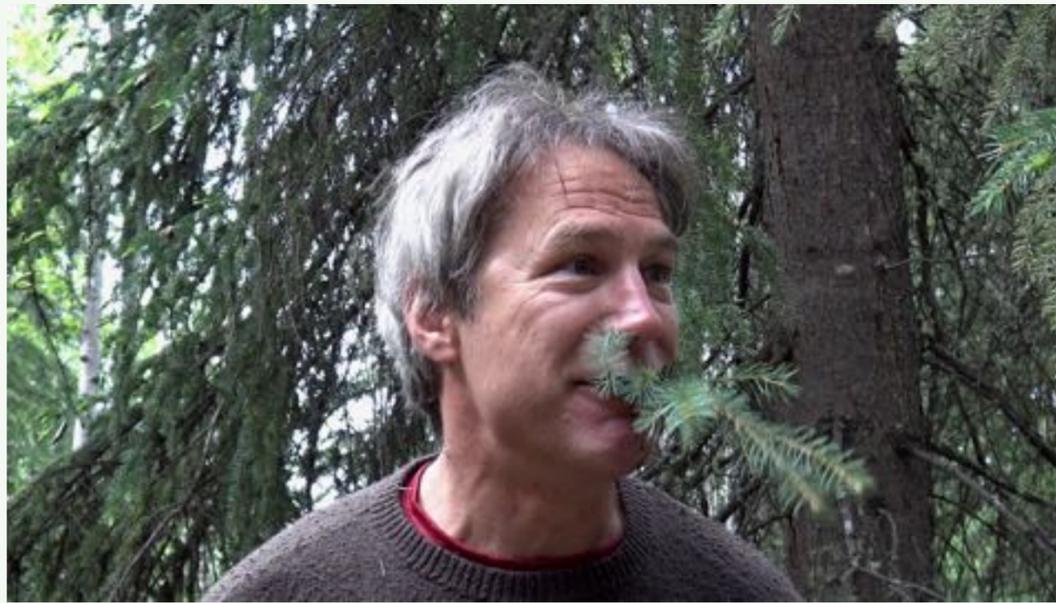
Yukon Media Development

Northwestel, Ted Rogers Hot Docs Fund, Blue Ice Docs,

Growing Forward II, Cold Climate Innovation

Good Pitch Vancouver

FIRST  
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"First we eat, then we do everything else."  
- MFK Fisher