

**First We Eat**  
By Suzanne Crocker  
Feature documentary  
101 minutes

**Logline:**

Putting food sovereignty to the test in Canada's North

**Synopsis Short:**

What happens when an ordinary family, living just south of the Arctic Circle, bans all grocery store food from their house for one year? 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.

**Synopsis Medium:**

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.

**Director's Bio:**

Yukon filmmaker and award-winning director Suzanne Crocker has become known for turning her camera on herself and her family as she takes them through some rather extreme adventure/experiments.

Suzanne's previous feature doc, All The Time In The World (2014) won 22 Festival Awards from around the world and has been translated into 12 languages. <https://allthetimeintheworld.ca>

Suzanne turns her camera on herself and her family once again in their latest adventure, First We Eat, winner of 6 Audience Choice Awards including Hot Docs and qualified for Best Documentary at the 2021 Academy Awards. <https://firstweeat.ca>

Suzanne switched careers from rural family doctor to filmmaker in 2008. Suzanne lives with her family in Dawson City, Yukon.

## **Social Media:**

Website: <https://firstweeat.ca>

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

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

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

#FirstWeEatMovie

**Trailer (Canada):** <https://vimeo.com/258025860> (embeddable and downloadable)

**Trailer (International):** <https://vimeo.com/473677413> (embeddable and downloadable)

**Stills and social media images and poster** (downloadable):

<https://firstweeat.ca/promotional-material/>

## **Awards:**

**7 Audience Choice Awards, 1 Jury Award, Qualified for Best Documentary at 2021 Academy Awards**

**Hot Docs:** Winner of an **Audience Choice Award** for Top 5 Canadian Docs  
And Top 20 Audience Picks overall (out of 140 films from around the world)

**Doc Edge (New Zealand):** Winner of a **Jury Award** – Best in Future Watch

[Qualifying List for 2021 Oscars for Best Documentary](#)

**Oakville Festival of Film and Arts (Canada): Audience Choice Award for Best Feature Film** (documentary and fiction)

**Providence Children’s Film Festival (USA): Audience Choice Best Feature Documentary**

**Available Light Film Festival (Canada): Audience Choice Award Best Canadian Documentary**  
and #2 Audience Favourite of all feature films (#1 Beans, #3 The Painter and the Thief)

**Junction North International Film Festival (Canada): Audience Choice Award Best Feature Film**

**Jack Lake Film Festival (Canada): Audience Choice Award Best Feature Film**

**Glimmerglass Film Days (USA): Audience Choice Award**

**Nomination: Directors Guild of Canada for Best Editing in Documentary**

**Nomination: Reykjavik International Film Festival (Iceland): A Different Tomorrow Award**

**Nomination: Innsbruck Nature Film Festival (Austria): Best Film on the Topic of Soil**

### **Other Official Selection Festivals:**

- Shanghai International Film Festival (China)
- Vancouver International Film Festival (Canada)
- NorthWest Fest (Edmonton, Canada)
- Spirit Film Festival (Israel)
- Tromso International Film Festival (Norway)
- Giffoni Film Festival (Italy)
- EBS International Documentary Film Festival (South Korea)
- Wales One World FF (UK)
- One World International Doc FF (Czech Republic)
- Sonoma International FF (USA)
- Oslo Pix FF (Norway)
- Festival Cinéma du Monde (Canada)
- Toronto Food Film Festival (Canada)
- Cinemagic International Film Festival (Ireland)

### **Reviews:**

“Inspirational! Suzanne Crocker’s amazing experiment shows that even in the far north with strong individual, family and community effort, local food can feed us year round.”

- David Suzuki

“A stunningly powerful documentary” - Toronto Sun

<https://torontosun.com/life/food/first-we-eat-celebrating-a-year-long-eating-adventure-up-north>

“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

<http://povmagazine.com/articles/view/hot-docs-review-first-we-eat>

“10 of the Most Exciting Films” – Indie Wire

“Top 10 Must See Films” –NOW Magazine, The Gate

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

For more reviews: <https://firstweeat.ca/awards/>

## **Media Links:**

BBC World Radio: “The Arctic Eating Adventure” <https://www.bbc.co.uk/sounds/play/w3cszjr3>

POV Magazine Review: <http://povmagazine.com/articles/view/hot-docs-review-first-we-eat>

The Tye: “In Canada’s Far North, We Ate Only Local for a Year - I Was Transformed” <https://thetyee.ca/Culture/2020/06/29/In-Canada-Far-North-We-Ate-Locally-Transformed/>

Toronto Star: “Dawson City Family Eats only Local for a Year in First We Eat doc” <https://www.thestar.com/entertainment/movies/2020/05/27/dawson-city-family-eats-only-local-food-for-a-year-in-documentary-first-we-eat.html>

Harrowsmith Magazine:

“Food Security North of 60 – A retired family’s doctor attempt at a 100-mile diet in the Yukon” <https://www.harrowsmithmag.com/9568/food-security-north-of-60>

SavvyMom

“I Spent a Year in the Yukon Eating Local Food -Here’s What I Learned” <https://www.savvymom.ca/article/i-spent-a-year-in-the-yukon-feeding-my-family-on-food-that-could-be-gathered-or-grown-heres-what-we-learned/>

Up Here Magazine – Cover Story:

“Extreme Measures: The All-Local Dawson City Diet” <https://uphere.ca/articles/extreme-measures-all-local-dawson-city-diet>

## **The Current with Matt Galloway - CBC Radio One**

“This Yukon woman wanted to live off local food for a year. That meant getting her teenagers on board”  
Feature Interview with Suzanne and Family  
<https://www.cbc.ca/radio/thecurrent/this-yukon-woman-wanted-to-live-off-local-food-for-a-year-that-meant-getting-her-teenagers-on-board-1.5594781>

For more links: <https://firstweeat.ca/first-we-eat-in-the-news/>

## **Post-Screening Resources:**

What Can I Do?: <https://firstweeat.ca/what-can-i-do/>

Benefits and Choke Points: <https://firstweeat.ca/benefits-and-choke-points/>

Interactive Boreal Forest Foraging Guide: <https://firstweeat.ca/foraging/>

Recipes: <https://firstweeat.ca/ingredients/recipes-and-tips/>

Meet the Farmers: <https://firstweeat.ca/meet-the-farmers/>

Meet the Tr’ondëk Hwëch’in: <https://firstweeat.ca/meet-trondek-hwechin/>

First We Eat Discussion Guide: [https://firstweeat.ca/wp-content/uploads/2021/11/First-We-Eat\\_Discussion-Guide.pdf](https://firstweeat.ca/wp-content/uploads/2021/11/First-We-Eat_Discussion-Guide.pdf)

And many more resources at: <https://firstweeat.ca>