



# FOOD FOR THE REST OF US

Press Kit

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83min | 2021 | Canada

[www.foodfortherestofus.org](http://www.foodfortherestofus.org)

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#FarmingIsActivism



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# FOOD FOR THE REST OF US

## THE FILM

A feature documentary by Copper Quartz Media  
in partnership with Telefilm Canada, the Canada Media Fund  
and 90th Parallel Productions

**Logline: Four stories from across North America of racialized  
and marginalized people using food as a way to fight back  
against an oppressive system.**

## Synopsis

*Food for the Rest of Us* is a feature film that presents 4 stories of people living life on their own terms, serving as leaders who are lending their voice to the underdog and leading a revolution to a better world, from the ground up!

An Indigenous-owned, youth run organic farm in Hawaii, and Black urban grower in Kansas City who runs a land-farm at East High School, A female Kosher Butcher in Colorado working with the Queer Community and an Inuit community on the Arctic Coast who are adapting to climate change with a community garden in a small geodesic dome.

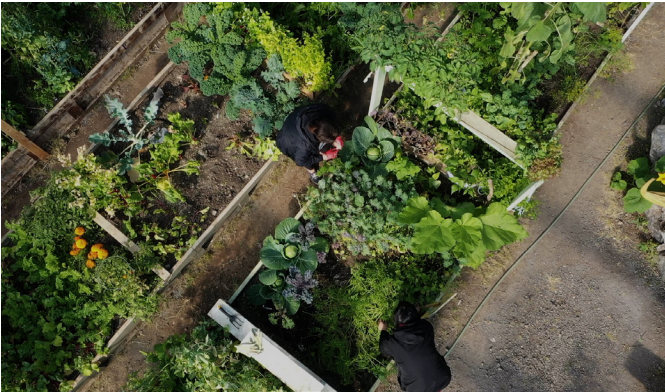


## The People

- **Marjorie Ovauyak** is an Inuit elder living in the hamlet of Tuktoyaktuk where she lives a modest life on the shore of the Arctic Ocean. Marjorie's diet is largely dependent on fishing and hunting. She has seen drastic changes to the shoreline of Tuktoyaktuk in recent years in a town that is being ravaged by the impacts of climate change and struggles with intergenerational trauma from the residential school system.
- **Eric Person** is the owner and manager of Kansas City Aquaponics, which is a holistic urban farm located on the grounds of East High School in Kansas City Missouri. Eric brings light to some of the racist policies that exist in the farming community in the American Midwest, but also shows how he is inspiring the next generation of Urban Farmers to empower themselves through farming by offering workshops and training.
- **MA'O Organic Farm** is an Indigenous-owned farm campus on the island of O'ahu, Hawai'i where much of the Island is controlled by the US military, mono-crop plantations and resorts. Farm founder, Kukui Maunakea, talks about the farm's mission to grow organic, sustainable produce while empowering local indigenous youth in the impoverished community of Waianae through the farm's internship program.
- **Tzuria Malpica** is a young Mexican-Jewish butcher and farmer who has challenged gender norms within the Jewish faith and has taken on the practice of kosher slaughter. Tzuria uses her training as a Kosher butcher to teach others how to harvest meat with good intention, with a focus on giving these skills to marginalized people, such as women and members of the Queer community.







## **Act 1 - How did we get here**

We meet our characters and establish each location. From there we take a firsthand look at the poverty and health crisis being faced by marginalized communities and look at the historical land-use, colonization and eco-racism that has brought these communities to a breaking point.

## **Act 2 - Back to the Land**

We dig deeper into the spiritual and ancestral practices that are guiding the hands and hearts of our main protagonists and learn what they are doing to provide ethical and healthy food for their community.

## **Act 3 - Fighting for our Food**

As our characters build skills and community, they move the conversation from esoteric rhetoric to tangible results, such as building greenhouses, teaching workshops and in Hawaii, improving the graduation rates of the farm interns, to ensure a locally sustainable way of life thrives for future generations.

## Director's Statement

It is our right as humans to be in direct relationship with the land and have access to healthy food.

I became inspired by the connection to land and food when I was living off-the-grid, seven hours outside of Yellowknife. Being in relationship to seasonal food sources sparked the concept for Wild Kitchen, a TV show hosted by my producing partner, Tiffany Ayalik. This tiny spark of an idea in the high Arctic grew into an international community with followers across the globe. Through this community we realized we are not alone in our desire to create change through food. Food for the Rest of Us heads to the front lines of 4 communities across North America, from the Arctic to the American Midwest to an island in the Pacific and explores radical activism through farming and harvesting. For some, the ability to grow your own food is a luxury, but now people who have been historically pushed to the sidelines are leading us forward and using food to make the world a better place for us all.

Thank you, and don't forget to support your local farmers!

Caroline Cox, Director





# FOOD FOR THE REST OF US

## Producer's Statement

The COVID-19 pandemic has brought to light the unfair burden shouldered by marginalized people. Overnight, grocery stores were picked clean. Our glaring disconnection from reliable food sources was now undeniable. How are we to feed ourselves when the only source of food we have access to is cleaned out? Food insecurity is something that my community has been dealing with for decades. I am Inuit and my people live in the circumpolar Arctic from Alaska to Greenland. The exorbitant cost of living, coupled with the cost of shipping food to isolated communities comes together to create uncertainty and instability in something we need to do every day: eat. In the Arctic, we must rely on one another, the land, our ancestral teachings, and innovative thinking about food. These are the only ways we can regain our food sovereignty. Food for the Rest of Us was born out of the North. Director Caroline Cox and I collaborated on Wild Kitchen, a doc series that featured people across the Northwest Territories who live in close connection with their food. This regional show opened our eyes to a global community that is doing the very important work of liberation through food. We must follow their lead if we are to have any chance for ourselves and our planet. The truly inspiring people in our film are not alone; I hope you can find people just like them in your own community.

Food is medicine, food is politics and now food is activism!

Tiffany Ayalik, Producer



# THE FILMMAKERS



## Caroline Cox

Caroline Cox is a Northwest Territories based filmmaker who lives off-grid and specializes in projects that focus on the culture, environment and lifestyles of Canada's far north. Raised on a farm in Southern Ontario, Cox moved to the NWT as a young woman working as a folk musician before embracing film as her preferred medium for story-telling. A self-taught cinematographer and editor, Caroline brings a raw authentic lens to her storytelling in the remote part of Canada she has come to call home.

Caroline is the producer and director of the hit TV series *Wild Kitchen* and CBC series *NorthernHer*. Caroline also works as an Associate Producer for the Discovery Channel. and She is a co-founder at Copper Quartz Media with her business partner, Inuk performing artist, Tiffany Ayalik. *Food For The Rest of Us* is Caroline and Tiffany's first feature length documentary film. The film is a Hot Docs Ted Rogers Fund recipient as well as a Doc Society Good Pitch and Redford Centre selected project.



## Tiffany Ayalik

Tiffany Ayalik is from Yellowknife, NT and is Inuk from the Kitikmeot region in Nunavut. It was in the North, listening to stories from her elders, that she discovered her love of storytelling, and the powerful change that hearing a story can bring about. Tiffany graduated 'With Distinction' with a Bachelor of Fine Arts in Acting from the University of Alberta. As a film actor, her work can be seen at many international film festivals. In Canada you can see her as Daphne in CBC's "A Christmas Fury" the full-length spin-off of cult-classic "Hatching Matching and Dispatching" and on CBC's "Little Dog" and as the host for "NorthernHer". When she isn't touring performing or composing, Tiffany enjoys teaching movement, song and storytelling. Tiffany is a Juno award winning musician and collaborates with her sister Inuksuk Mackay in their band PIQSIQ.



## Jerri Thrasher

Jerri Thrasher is an Inuvialuit Film Writer/Director, Television Producer and owner of Gyrfalcon Productions in Inuvik, Northwest Territories. In 2013, Jerri joined the Inuvialuit Communications Society, as a TV Producer and eventually producing *Iglaq*, *Tusaayaksat Tv* and *Inuit Away* for APTN. As an Inuvialuk who's lived her entire life in remote arctic communities hunting and harvesting from the land, the concept for *Food For The Rest Of Us* hits close to home. Today, Jerri is an advocate for Inuvialuit and Food-Security in the north, where the high cost of living is creating impoverished communities.



## EXECUTIVE PRODUCERS



### Dustin Milligan

Born and raised in the icy darkness of Yellowknife, Northwest Territories, Dustin has spent the last 15+ years acting, writing and producing his weird little heart out – best known for his roles in *Extract* (2009), *Schitt's Creek* (2014), *Dirk Gently's Holistic Detective Agency*, (2016), and *Rutherford Falls* (2021), when he's not on set, he's busy click-clacking away on his laptop, writing and developing various features and TV shows that literally no one is crazy enough to get behind...or are they?...No, they're not. Unless...? No? Okay, cool, just checking.

"Being born and raised in the North has been one of the greatest privileges of my life, in large part due to the teachings of reverence, respect, and connection to the land that so many Indigenous folks offered to settlers like me. The longer I have been away from home, the clearer it has become how crucial those teachings are to forging a sustainable future for the planet, and all the people on it.

"Food for The Rest of Us" is a deeply moving and important film that not only reinforces these essential truths, but dives deep into the repercussions of colonialism's attempted erasure of them, all the while celebrating the inspirational, marginalized heroes who humbly fight for a better future for us all, day by day, seed by seed."



### Stuart Henderson

Stuart Henderson is President of 90th Parallel Productions, Ltd. Since its founding in 1987, 90th has distinguished itself again and again with a focus on premiere content for discerning audiences. The result is dozens of award-winning films over 30+ years.

A creative producer, Henderson is currently overseeing a slate of documentary films ranging from broadcast hours to anthology series to feature-length projects.

Recent films he has produced include the TIFF People's Choice Award-winning *Inconvenient Indian* (Director: Michelle Latimer, 2020); Canadian Screen Award nominees *Be Afraid: The Science of Fear* (Director: Roberto Verdecchia, 2019), *Invisible Essence: The Little Prince* (Director: Charles Officer, 2018), and *The Skin We're In* (Director: Charles Officer, 2017); *My First 150 Days* (Director: Diana Dai, 2017).

Henderson has a PhD from Queen's University and has previously worked as a professor of cultural history at several top research institutions. He is the author of the multiple award-winning book *Making the Scene: Yorkville and Hip Toronto in the 1960s*.

# THE PARTICIPANTS



## Flame Porter

Flame Kamanakokekaikilakila Porter was raised in Ewa Beach on the southwest end on the island of O'ahu, Hawai'i. He Graduated from the University of Hawai'i at West O'ahu with a Bachelor's of Applied Science in Sustainable Community Food Systems. He currently works as a Farm Management Apprentice at MA'O Organic Farms in Lualualei, Wai'anae. As an Indigenous Hawaiian with Japanese, Filipino and Caucasian ancestry, Flame understands the importance of intersectional activism and brings that awareness to all the work he does. Even as a young man of 26 he sees the long term importance of creating, maintaining and ultimately returning to a healthy and generative food system in Hawai'i. As an advocate for Indigenous land practice, he knows that the only way forward is to keep the teachings of his ancestors at the forefront. Sustainable farming is his passion and he is on a mission to share this passion with future generations. When he doesn't have his hands in the dirt, he enjoys performing with his band M. V. Posse.



## Eric Person

Maurice (Eric) Person is a Black-Indigenous farmer who was born and raised in Oathe, Kansas. After high school he studied several disciplines including aircraft construction, wind turbine and solar panel installation. His true passion however, is in the dirt. His grandmother was a Choctaw-Kickapoo woman and his grandfather was a share crop farmer. Under the guidance of his grandparents, he learned about the intense healing that can happen when you get your hands in the dirt and grow your own food. For the last 3 years he has been working at East High school in Kansas City, MO to re-start their Agriculture Program. Through that program and his aquaponics business, he was able to support the growth of 10,000 lbs of food for the community. He now lives in Atlanta, GA and works with Community Movement Builders, a not-for-profit to support food sovereignty and food sustainability. He loves to introduce new plants and food to people and his mission is to empower black youth to return to their roots, honour what was forgotten and stolen and to help people reconnect to the land. He believes that by decolonizing our minds and diets, we can be truly on the path to health and healing.





### Tzuria Malpica

Tzuria Malpica was born in Boulder, Colorado and grew up in the mountains to the west. As a Mexican-American, Jewish woman, Tzuria honours both sides of her family in the work that she does as a Shochetet ("person who performs Kosher slaughter"). Tzuria apprenticed with a master Shochet to learn the practice of Kosher slaughter and to deepen her relationship with her lineage and with food. This connection to the land, animals and the act of taking life for food, had a profound effect on her, and inspired her to lead workshops. Tzuria first led a 'Meet Your Meat' workshop with Queer Nature, empowering marginalized people and sharing her passion with the survival skills community. Through her workshops, Tzuria helps people connect to their food and foster a healthy relationship with death. She believes that as humans, it is our responsibility to appreciate our food and where it comes from. Especially if we choose to eat meat, it is up to us to understand what that entails and to cultivate respect for the process. Tzuria is also a trained Herbal Medical Practitioner and studied at the North American Institute of Medical Herbalism. Whenever possible, she teaches children of all ages about wild plants and you will also find her tending beehives in the lower elevations of Colorado. She lives in Nederland, CO with her sweetheart and 13 year old border collie.



### Marjorie Ovayuak

Marjorie Ovayuak was born in 1953 on Tupkak, a traditional fishing area about 10 miles north of what would become Tuktoyaktuk in the Northwest Territories. Marjorie is Inuvialuk from the Nutaarmiut region. Nutaarmiut means "the brave people of the coast". She is the 7th of 12 children and when she was born, her family was doing what they always did at that time of year; harvesting fish for the winter. Marjorie was completely nomadic, travelling with her family following the harvests in the high Arctic until the age of 4 when she was sent to the Aklavik hospital for a very serious illness. From then she was sent alone to the Charles Camsell Hospital in Edmonton where she spent 3 years of her young life in a strange place. The loss of family, culture and childhood was an irreparable fracture and Marjorie has been spending her life cultivating connection back to her land, family, community and language. Despite being sent to a federal day school in Tuktoyaktuk, Marjorie relearned her Inuvialuktun language and spent as much time as she could helping her family hunt and harvest. She continues to hunt and fish and provide for her family and is a fierce advocate for Inuit culture and language revitalization. As a brave person of the coast, she brings awareness to the effects of global warming and climate change and its effects on the coastal people of the Arctic.

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## PRESS MATERIALS



Watch the Trailer

<https://vimeo.com/535961258>

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[#FarmingIsActivism](https://twitter.com/FarmingIsActivism)



# CREDITS

Executive Producer

Stuart Henderson

Director

Caroline Cox

Producer

Caroline Cox

Producer

Tiffany Ayalik

Producer

Jerri Thrasher

Scriptwriter

Tiffany Ayalik

Scriptwriter

Caroline Cox

Director of Photography

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Editor

Graham Withers

