



Restoring our Relationships Series: Soup and Stories

One of the ways All Nations strives for holistic wellness is through activities that help clients feel connected to their culture. The Restoring our Relationships Series: Soup and Stories is a virtual friendly program that creates strong and positive connections and builds cultural knowledge. This was especially important throughout the COVID-19 pandemic. This program aims to address the physical and mental health needs of All Nations clients. The Soup and Stories evenings were enjoyable for the entire family. This 10-session program was conducted via Zoom webinar.

Each session consisted of a mindfulness activity, a guided cooking activity, and a story shared by an Indigenous elder. Participants who lived in the Missoula area were eligible to receive a free meal kit with all the ingredients needed to prepare the recipe for each session. The cooking activities focused on traditional foods that help with chronic disease management or prevention with recipes such as berry soup, fire cider, and more. Elders shared traditional as well as contemporary stories. Get a feel for the experience, by checking out the two videos from one of the sessions.

<https://youtu.be/-kBgWWORKWA> - Stories with Ernie



Restoring our Relationships Series: Soup and Stories is a promising practice that had a positive impact on its participants. A total of 66 unique households participated over the 10 sessions, with a total of 206 individuals. An anonymous electronic survey was sent to all

participants after the series. Responses showed that Soup and Stories increased food security for one meal for almost half of the participants. Participants also gained nutritional knowledge and knowledge of traditional foods.

In addition to nutritional health, a major success of Soups and Stories was fostering cultural connections. Participants believed this opportunity allowed their household units to engage with each other in a way that built connection and increased their knowledge of food, nutrition, and culture. For one participant who grew up in a traditional and mostly multi-family household, “being together felt amazing and eating together was comforting” despite being geographically separated these days. For a participant who did not grow up this way, the experience was eye opening and connected them culturally. For others, the Soup and Stories became a part of their weekly family schedule. Almost every participant felt an increased sense of belonging and connection to culture and would attend more activities organized by the All Nations Health Center. Please get in touch with us if you’d like to bring the Soup and Stories



model to your community.

All Nations Health Center draws from a diverse skill set using an interdisciplinary team-led approach to implement a comprehensive suite of healthcare services. They are working towards instituting trauma-informed practices and policies to achieve holistic wellness for the Missoula Native community. All Nations Health Center had an integrated health and behavioral health team partnering on the Restoring our

Relationships Series: Soups and Stories. To learn more about All Nations Health Center, or register to be a client, visit their website <https://www.allnations.health/>, call today (406) 829-9525 or email community@allnations.health
