

Fiona Yeudall, Director of the School of Nutrition at TMU:

It is my honour to welcome you to this Pressbook: Introduction to Anti-Black Racism in Canadian Dietetics on behalf of Toronto Metropolitan University's School of Nutrition. My name is Fiona Yeudall, I am an Associate Professor and currently serve as Director of the School and my pronouns are she/her.

I am speaking to you from the site of the Black Food Sovereignty Garden on the roof of the DCC Health Sciences Complex in the "Dish With One Spoon" territory. The Dish With One Spoon is a treaty between the Anishinaabe, Mississaugas and Haudenosaunee that bound them to share the territory and protect the land. Subsequent Indigenous Nations and Peoples, Europeans and all newcomers have been invited into this treaty in the spirit of peace, friendship and respect.

I share this land acknowledgement in the spirit of reconciliation, and as a reminder to myself that the work of reconciliation is ongoing, and requires me to listen, reflect, learn and most importantly engage in acts that contribute to Indigenous resurgence. As a settler to Canada whose family only arrived in 1968, I am acutely aware that my family has benefited greatly, and in many instances to a greater extent, than the Indigenous signatories of this treaty, and their descendants. As a dietitian and educator, my sphere of influence enables me to bring to light examples, both historical and present-day, of the systemic oppression of Indigenous peoples. As a member of the faculty at an institution named after an educator whose theories were used to justify residential schools, I can take the opportunity to explain why renaming the institution was necessary, and the process undertaken to rename it. Finally, as a member of a Canadian post-secondary educational institution, I recognize my responsibility to animate the calls to action of the Truth and Reconciliation Commission.

I have learned from folks who engage in anti-oppression work, and have experienced myself, that a common reaction when acknowledging the existence of anti-Black racism is to say yes but what about my oppression? This either/or thinking can serve to shut down much-needed discussions and can lead to a kind of perverse hierarchy of oppressions. It is a distraction, and won't get us to a place where everyone is free to achieve their full potential. A commitment to anti-oppression must be inclusive of all equity-deserving groups, and we encourage you to think about and as opposed to either/or.

The development of this resource, alongside training for students, staff and faculty, is part of our School's commitment to action to address ABR. We trust you will find this Pressbook useful in your work. We encourage you to explore the principles articulated by colleagues working on our institution's most recent Anti-Black Racism Climate Review. This includes that confronting ABR is not enough, we need to support Black Flourishing and that Black experiences must remain at the centre of any initiatives. Nothing about us without us is a phrase attributed to disability advocates and is a guiding principle for the anti-oppression work of our School.

As a School, we are committed to addressing ABR and supporting Black Flourishing. This includes reflection on what we can do, but also where we have failed, and where we can do

better. We start with the literature, much of which has been written by our alumni as it relates to Canadian Dietetics. Next, we validate those findings with experts with lived experience, namely alumni, staff, faculty and students. We reflect on our sphere of influence, plan actions and gather the resources required for actions such as the development of this Pressbook.

This resource builds on the work of many, and our hope is it will be built on by many. Advocacy takes many forms, big and small. I am grateful for all the conversations that advance understanding of different lived experiences and the vulnerability and trust that enables that to happen. Where vulnerability and trust are required, it takes someone to take the first step, so thank you to all who have taken that first step, not necessarily knowing what the outcome might be. I acknowledge the courage it takes when there is a power differential between learners and faculty, staff and leaders, and the importance of faculty, staff and leaders facilitating environments that help learners feel as safe as possible when sharing their experiences. We need to hear the good and the bad if our work is to be guided by the principle of nothing about us without us.

Thank you to all who will be sharing this Pressbook, and using it to advance their practice. As my colleague Dr Grace Camille Munroe says of the Black Scholarship Institute, ideally there will be no need for such an Institute in the future. Until that time, let's continue learning and working to erase ABR in our dietetic education and practice.