

**FIRST NATIONS**

**ZERO WASTE**

**AMBASSADOR PROGRAM**



# First Nations Zero Waste Ambassador Program

This program aims to promote a regenerative lifestyle, and to support your zero waste journey with practical tools, and concrete actions. The program includes five on-site sessions, and it can be customized.

It also provides environmental curriculum resources for K-12 students through science and arts-based approaches, guided by Traditional Ecological Knowledge, enabling sensory and cognitive development, contributing towards a circular economy and regenerative practices.

## Session 1



Conduct a waste audit, create a baseline and plan an effective waste diversion program.

## Session 2



Learn unique painting and upcycling art techniques. Create an upcycled art project with recycled materials. Learn about different types of waste, landfills and their environmental impacts.

## Session 3



Create a vermicompost system using organic waste. Observe earthworms' anatomy, and behavior. Learn about the microbiology of the soil.

## Session 4



Learn about different gardening techniques to grow vegetables. Apply regenerative practices. Make soil amendments, and extracts from earthworms poop (castings), and compost.

## Session 5



Conduct a waste audit to compare it with the baseline and to calculate waste diversion rate achieved.

## Meet our Team

**Panterra Educational and Cultural Training Society**, a not-for-profit with over 30 years of experience, partners with **Ciclomanías**, a pioneering social enterprise in Calgary (Treaty 7), to create a powerful alliance. Panterra provides science-based mentorship and work experience in naturalist training programs, while Ciclomanías focuses on waste reduction, food sovereignty, and transforming waste through upcycled art and community programs. Together, they support community building, Indigenous well-being, waste diversion, food security, biodiversity conservation, and climate resilience. This collaborative initiative seamlessly integrates Traditional Ecological Knowledge (TEK) by working closely with Elders and Knowledge Keepers and applying science-based approaches with art (STEAM). By inspiring and empowering communities, we aim to build a regenerative, inclusive future for all. **Join us on this journey to make a meaningful impact!**



**Pamela Haggarty**  
haggarty@panterra.com  
www.pects.org

**Pamela** is a seasoned project management consultant specializing in coordinating large interdisciplinary research projects. With a background in community development and adult education, she excels in group facilitation to build capacity for both individuals and communities. Pamela has collaborated with First Nation communities throughout Alberta, using Appreciative Inquiry to understand needs and enhance community capacity. As the Sustainable Communities Team Lead for the First Nations Technical Services Advisory Group (FNTSAG), she has provided environmental and solid waste management technical services and training for nearly a decade. An active member of the National Advisory Committee for the First Nations Solid Waste Management Initiative (2016-2021), she also served on its evaluation advisory committee. Pamela holds a M.Ed. from the University of Alberta and has over 25 years of experience in adult education, specializing in supporting students with disabilities in higher education. As a Panterra Educational and Cultural Training Society Director, her focus has been on investigating and coordinating grant funding and strengthened collaborations with First Nations across Alberta.



**Elizabeth Romo-Rábago**  
ciclomanias@gmail.com  
www.ciclomanias.com

**Elizabeth** is a passionate and dedicated environmental educator and impact entrepreneur inspired by the power of nature and her respect for First Nations worldwide. With over 15 years of experience, she has led social enterprises including Ciclomanías, and developed environmental educational programs and community gardens in Canada and Mexico. Holding a Master's degree in Sustainable Energy Development from the University of Calgary, she is also a certified lab-technician, soil biology advisor, and trained in permaculture and ecosystem restoration by Dr. Elaine Ingham's Soil Food Web School. As part of Ciclomanías, Elizabeth developed the First Nations Zero Waste Ambassador Program in partnership with First Nations Technical Services Advisory Group. This program is designed for K-12 First Nations students, teachers, and community members and focuses on minimizing waste generation through science and art-based approaches rooted in Traditional Ecological Knowledge and values.

