



Elder's Words

- "My grandfather's grandparents, Lucy and Jim Cooper, both lived past 100 years.

I know that their longevity came from the traditional foods they ate. Our foods were put here as gifts from the Creator to Keep us healthy".

"The dramatic change in diet and internalized racism has made Native people sick with diabetes, depression and so on."

Hillary Renick (Pomo, Paiute)

European Foods brought to America



- Grains (Wheat, Oats, Barley, White Rice)
- Beef, Pork, Sheep, Goats and Chicken
- Dairy: Milk, Cheese, Eggs, Ice Cream
- Cabbage, Broccoli, Peas, Garlic
- Melon, Apples, Peaches and Apricots



California Foodway

Project of:
California Rural Indian
Health Board, Inc.
Traditional Indian Health
Education Program

Project Leader:
Mark LeBeau,
TTH Program Director

Project Producer:
Kibbe Conti, RD, CDE,
Northern Plains
Nutrition Consulting

Project Initiator:
Linda D. Navarro

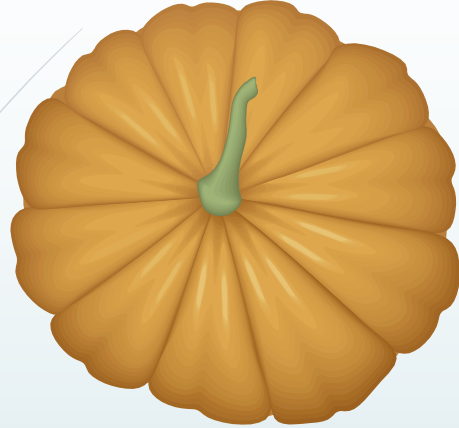
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" We cared for our corn in those days as we would care for a child; for we Indian people loved our gardens, just as a mother loves her children; and we thought that our growing corn liked to hear us sing, just as children like to hear their mothers sing to them".

Buffalo Bird Woman, Hidatsa



Food Insecurity

- Began with the establishment of reservations and the consequent disruption of traditional food systems.
- Malnutrition and nutrition deficiency
- Until the 1950's, malnutrition and hunger were major issues facing tribes.

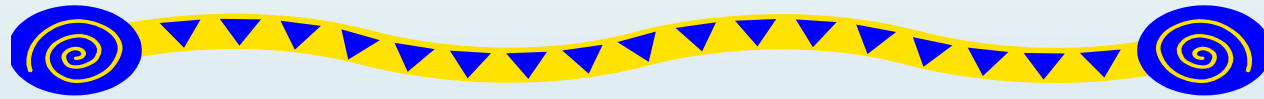


Food Security

- Exists “when all people at all times have access to enough food for an active and healthy life.”
- Enough nutritionally and culturally appropriate food
VS.
Enough to eat (calories)

Food Sovereignty

The rights of all peoples to decide how they will hunt, grow, gather, sell or give away their food.



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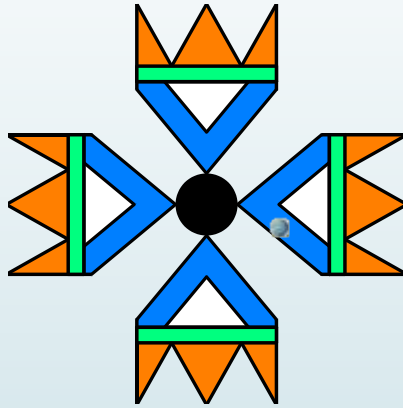
Introduced Food System

Obesity Promoting Environment

- Highly refined packaged foods
- White and other refined flours
- High fructose corn syrup
- Saturated and trans fats
- High sodium/salt
- Deep fried
- Sugared/artificially sweetened drinks
- Sedentary lifestyle

Three out of every 4 plants we eat today were first grown by Native Americans.

- Corn
- Potatoes
- Tomatoes
- Beans
- Peanuts
- Sunflowers
- Avocado



- Squash
- Coffee
- Tobacco
- Cocoa
- Cranberries
- Pumpkin
- pineapple





How to reconstruct a healthy food system?

Tohono O'odham Community Action (TOCA)

www.toca.org

- Cultivated several acres of traditional crops; corn, tepary beans, squash, melon and sorghum.
- Organized trips to collect desert foods.
- Gives out seeds and tools to those O'odham who want to grow things.

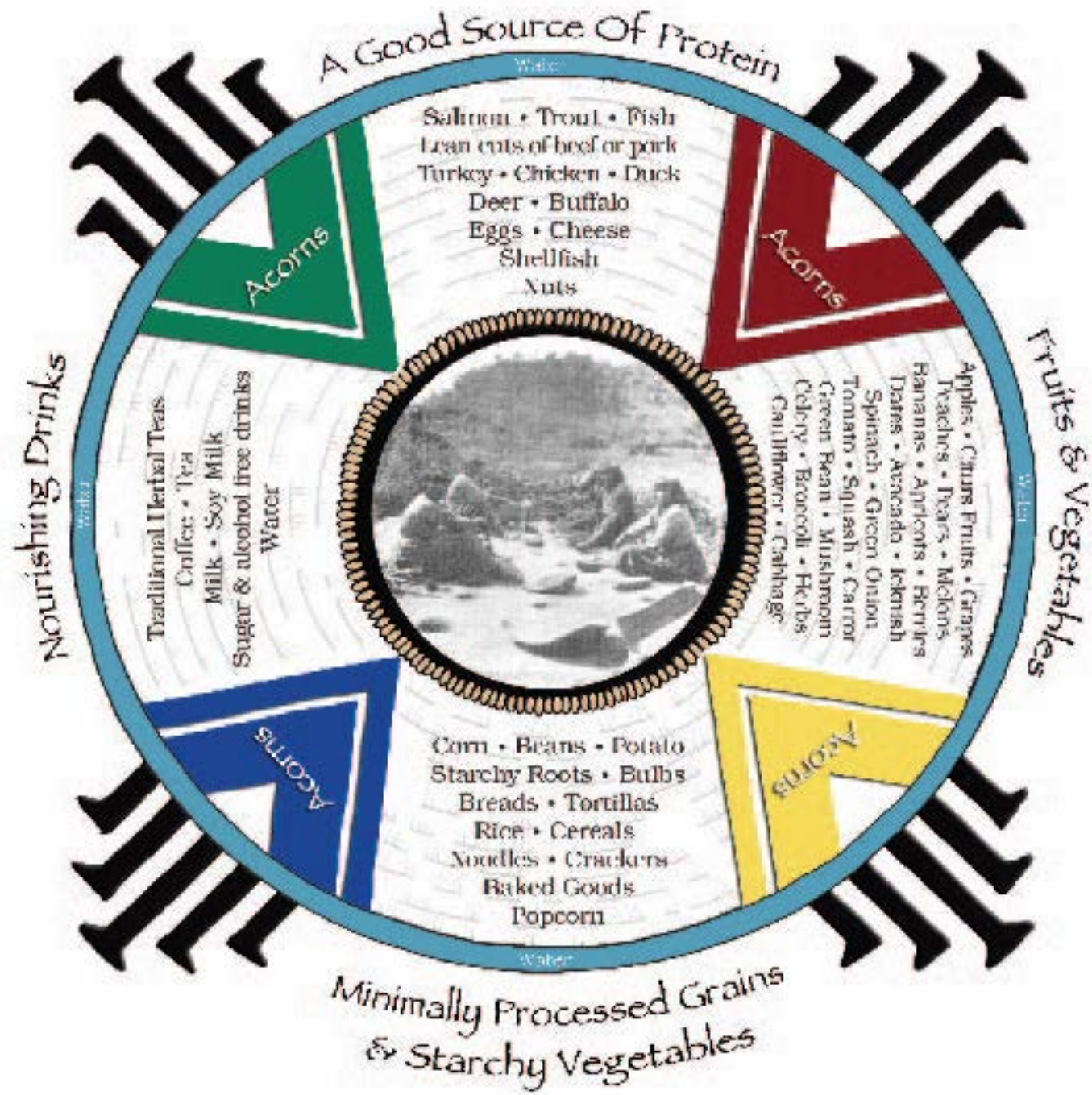
"Reversing generations of high-fat, high-sugar diets". TOCA













Foods from Southern California

- ▶ Pine Nuts Venison
- ▶ Chia seeds Rabbit
- ▶ Mesquite beans
- ▶ Roasted yucca hearts
- ▶ Manzanita berries
- ▶ Acorns Greens: Lambs Quarter
- ▶ Cactus apples Wild mustard
- ▶ Chokecherry Horehound



Acorns My Way

By Venola Dowd (Yurok)



- Learn the difference between oak trees
- Pick up tan oak acorns in mid-late October.
- Discard acorns with worm holes.
- Put acorns in containers; set next to heat for two weeks.
- After cracking and removing meat, let dry until reddish fibers fall off.
- Remove fibers and let meat dry through.
- You can grind now or store and grind later.
- Making the flour....
- To cook in boiling water... Canning...



Native Teas - California

Common

- Mint
- Rosehip
- Raspberry
- Red Clover
- Manzanita Berry
- Madrone Berry
- Sumac Berry

Medicinal

- Cedar
- Sage
- Bitter Root
- Yurba Buena
- Wormwood
- Elderberry