



Food Sovereignty & Economic Development

Growing Self-Sufficiency in Native
Communities



Webinar Information

- This webinar is being recorded. It will be available on our website, www.anaeastern.org, in 2 weeks.
- A downloadable copy of the PowerPoint can be found on your Control Panel.
- Expand the Control Panel by clicking the orange arrow at the top of the Grab Tab.



Today's Facilitator



Marissa Carmi
Outreach & Technology Specialist

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Webinar Overview

- Overview of food sovereignty and its relationship to ANA
- Spotlight on two current grantees
- Q & A



food sovereignty

The right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems. It puts the aspirations and needs of those who produce, distribute and consume food at the heart of food systems and policies rather than the demands of markets and corporations.

– Declaration of Nyéléni, the first global forum on food sovereignty, Mali, 2007

Funding Food Sovereignty

- Grantees are approaching food sovereignty from a variety of angles and implementation strategies range from small- to large-scale
- Factors which determine scale can be: location and climate; availability of resources/capacity; knowledge and skillset of the local workforce





Today's Presenters

Indigenous Peoples Task Force

Minneapolis, MN

Suzanne Nash

First Medicines Program Manager

suzannen@indigenouspeoplestf.org

(612) 722-6248

A stylized, light-colored illustration of a plant with several large, pointed leaves and a cluster of small, round buds or flowers on a stem, positioned on the left side of the slide against a dark background.

Indigi- Baby!

Indigi-Baby

Maternal Health & Child Nutrition

A project of Indigenous Peoples Task
Force – SEDS project of ANA

Suzanne Nash, Coordinator

Indigenouspeoplestf.org

Goal: To reduce rates of obesity among Native children and obesity-linked diseases that disproportionately affect Native Americans living in Minneapolis.



The project has three primary objectives, which include:

- 1. Increase Knowledge and Skill in Traditional Native Foods Nutrition, Production, Harvest and Processing*
- 2. Design and Test Produce Baby Foods Made of Traditional Native Foods*
- 3. Conceptualize “Indigi-Baby Foods” Business Model*

Expected Outcome

We anticipate outcomes and benefits for individual participants, and their families. Indigi-Baby works to improve maternal and child nutrition by preparing Native American young people to create healthy household food environments for their families and to be more health conscious parents for their children now and in the future.

- Increased knowledge of (a) the health benefits of traditional Native foods, (b) importance of nutritious diet for pregnant mother, infants, and toddlers
- Improved skills in producing, harvesting, processing and preparing meals
- One or more healthy changes in diets of participant families (increased fruits/vegetables, less saturated fat, higher fiber, less sugar-added foods, less processed foods).
- Participant feelings of self-efficacy in increasing options for healthy foods available for families, in particular for children, in the Native community.

Giikinoo-Amaage-Gidiwin Gitigaan: “ The Teaching Garden”

- **The curriculum is designed to teach about our worldview as Anishinabe, through our seasons & cultural practices as well as cultural and traditional gardening knowledge. The Giikinoo-amaage-gidiwin Gitigaan Program Curriculum Sessions are as follows:**

Session 1

- Introduction to Curriculum & Relationship to Spirit
- Session 2
- Relationship to Prenatal Health
- Session 3
- Maternal & Child Nutrition
- Session 4
- Mother Earth, Relationship to World
- Session 5
- Relationship to Food through Culture
- Session 6
- Gitigaan Agaasi’-Family Garden Pot
- Session 7
- In the Garden, Songs and Activities
- Session 8
- Badakidoon Meejim-Planting Medicines and Foods
- Session 9
- Community Celebration



Composting soil



Farm work



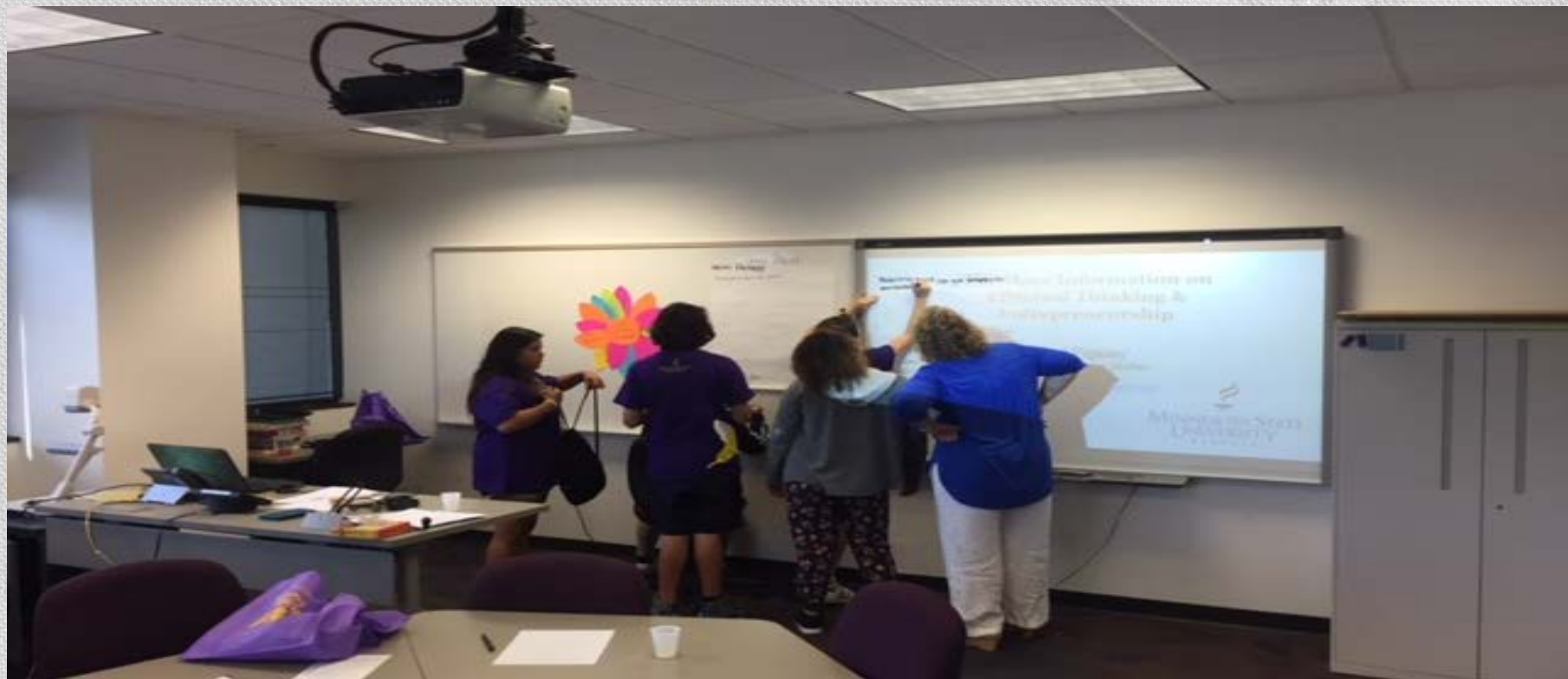
Harvesting



Processing squash



Business Plan Training



Sample baby food product



Miigwetch!

Suzanne Nash
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Today's Presenters

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Food Sovereignty in the Little Colorado River Valley



Diné Small Farm and Ranch Program



Before we Begin...

Where we are

- In 2016, unemployment was 42%
- Median household income was \$24,945 compared to \$56,516 in the US
- Roughly 43% of Navajo families are living below the poverty line, twice the rate for all of Arizona
- 60% of community members are W A, TANF, food stamp, and commodity program-eligible due to very low incomes, and high unemployment
- Some 18,000 Navajo homes are without electricity
- Roughly a third of Navajo population is diabetic or pre-diabetic, compared to 24% of all American Indian/Alaska Native populations and 15% of the total US population.
- An estimated third to half of all Native children are overweight or obese.

Where we are, continued...

- There are some 12,085 small family ranches and farms on the Navajo Nation -- nearly 20% of all Indian farms in US. 96% of these Navajo ranchers and farmers have extremely limited resources
- 75% of 45,000 acres developed for surface-irrigated farms are idle due to flooding, sedimentation and destruction of diversion structures, lack of adequate technical or financial assistance for conservation, production and marketing – including understaffed USDA offices
- We sit on the largest food desert in the United States. Only 13 on-reservation grocery stores serve Navajo Nation's 27,000 square miles.
- Community members travel 60-130 miles RT to purchase fresh produce
- Our project area also includes over 20,000 acres of the former Bennett Freeze Area (FBFA) where a 40-year freeze on development during the Hopi-Navajo land dispute was finally lifted in 2006)

Tolani Lake Enterprises

Growing our own since 2012

Vision and Mission

VISION

- Our vision is for a future where all our relations thrive in sustainable, economically viable, and environmentally responsible Native communities.

MISSION

- Our mission is to cultivate healthy, safe, and prosperous communities by strengthening food, water, and economic systems for our Native communities, empowering our youth, and promoting Native cultural knowledge.

Food security - Growing Our Own

Animal Harvest Facility

- The purpose of this harvest facility is to create a sustainable, environmentally friendly, USDA-certified, Navajo-owned facility on the Navajo Nation to harvest local, range-fed Navajo and non-Native beef and lamb for local, affordable, and healthy consumption

3-Acre Demonstration Site

- TLE Market Garden and a Learning Site



Diné Small Farm & Ranch Project

An ANA funded project

Diné Small Farm & Ranch Project

This project arose directly from

- Lack of locally available nutritious food
- Community-based desire for increased self-reliance, food security, health

The goal is to assist our communities to reconnect with Navajo language, culture by revitalizing Diné gardens and farms

- 3- Year Project
- Multiple partnerships
- Hands on workshops and technical assistance at TLE
- Ongoing workshops at partner locations



Train the Trainer & Farmer Workshop Series

Train people in our garden programs as we build capacity at our model demonstration site to grow, share and market nutritional foods grown in a good way.

Train the Trainer Program

- Ashokala Garden
- Cultural integrated curriculum
- TLE Farmer Workshops Series
- Local Workshops

IDEAL SOIL TEXTURE
40% SAND
40% SILT
20% CLAY } **LOAM**

SAND

- Feels gritty and forms loose ball.
- Drains well and will lose nutrients to leaching if watered too much.

SILT

- Feels greasy.
- Tends to compact easily so will prevent root penetration and growth.

CLAY

- Feels slippery, fingers will leave impression on surface when squeezed.
- Drains poorly and tends to crust over, which blocks air & water to enter ground.

COMPOST:

Low Cost, non-polluting alternative to sending food & yard waste to the over-filled landfills.

BENEFITS include...

- Better soil that provides ideal conditions for microorganisms that inoculate the soil.
- Improved fertility for excellent plant growth.
- Healthier gardens with high-quality soil amendments for houseplants and gardens.

DO NOT USE meats, bones, fish, cat litter, briquettes/charcoal ashes, oil-laden scraps, weeds/grass treated with pesticides **BECAUSE** the slow breakdown will begin to smell and will attract unwanted pests!

RATIO

2/3 : 1/3
Carbon : Nitrogen

CARBON aka Browns or Carbohydrates

- provides energy & cell building.
- dry leaves
- chopped cornstalks
- straw, hay
- paper, cardboard
- crushed nutshells

NITROGEN aka Greens or Protein

- provides growth & reproduction.
- fruit/vegetables scraps
- tea bags, coffee grounds
- fresh leaves and grass clippings
- manure (cow, horse, sheep, pigs, chicken)
- spoiled grains

WORM BIN COMPOST DIAGRAM

Train the Trainer & Farmer Workshop Series

Farmer Workshop Series

- 16 Workshop Series
- Train the Trainers
- Diné College Land Grant Office
- Season Extender techniques
- Garden/production planning
- Record-keeping and business management
- Food safety
- Food Literacy Component



Food Literacy with local food justice advocate

Using wheat alternatives
or supplements



Fresh Greens



Decolonizing Food



Technical Assistance and Grower Support

Deliver technical assistance to overcome key barriers for local growers including services, marketing support, and tools and templates.

- Do-it-yourself walk-in cooler workshop
- Tractor Services
- Simplified tools and templates
- Support farmers markets and producers
- Eventually start up a local farmers market on site



Market Garden

- Local Flea Market (approx. 3,050 residents in tri-city area)
- Local Farmers Market in Fall 2018
- Winslow Markets – Captain Toni’s Restaurant
- Flagstaff Markets – Farmers Market



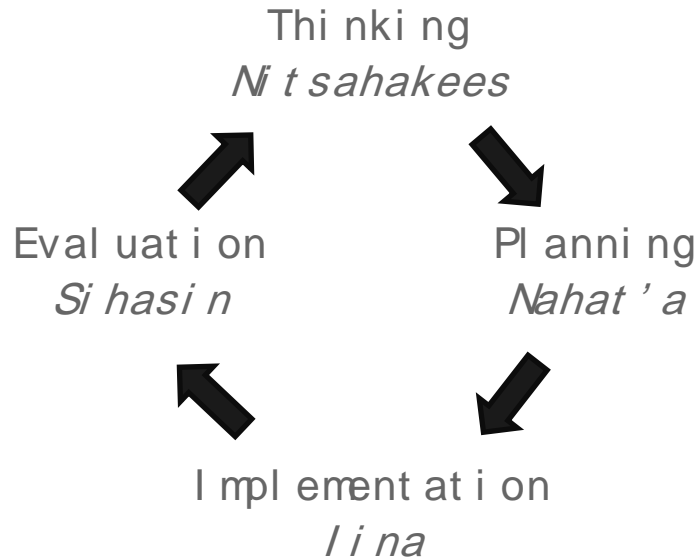
TLE Youth Leadership Program



- The TLE Youth Leadership Program is designed to teach youth about growing with hands on activities at the TLE small farm site.
- Invite community members and youth to the site to have hands on activity, and learn more about planting, watering, healthy soils, and cultural aspects of growing.
- Community food giveaways.
- After school program, summer youth program, and interns/workforce.
- Interweave social media and youth to recruit, announce, and promote community garden.



Diné Planning Paradigm – Refine & Replicate



Economic Security - 50 years from now...

By securing our water and food resources, our communities can come together to truly plan for our economic security

What it will take:

- Governmental and nongovernmental collaboration
- Unified vision
- Strong planning
- Youth Leadership and youth involvement

TLE's Fiscal Sponsorship Program

- Cameron Farm Enterprise – in the ad hoc committee phase now
- Leupp & Birdsring Farming Enterprise – Generating local interest
- Diné Sheep Program – Building local cooperative

Thank you
Ahe'hee

Further Resources



NATIVE AMERICAN FOOD SOVEREIGNTY ALLIANCE (NAFSA)

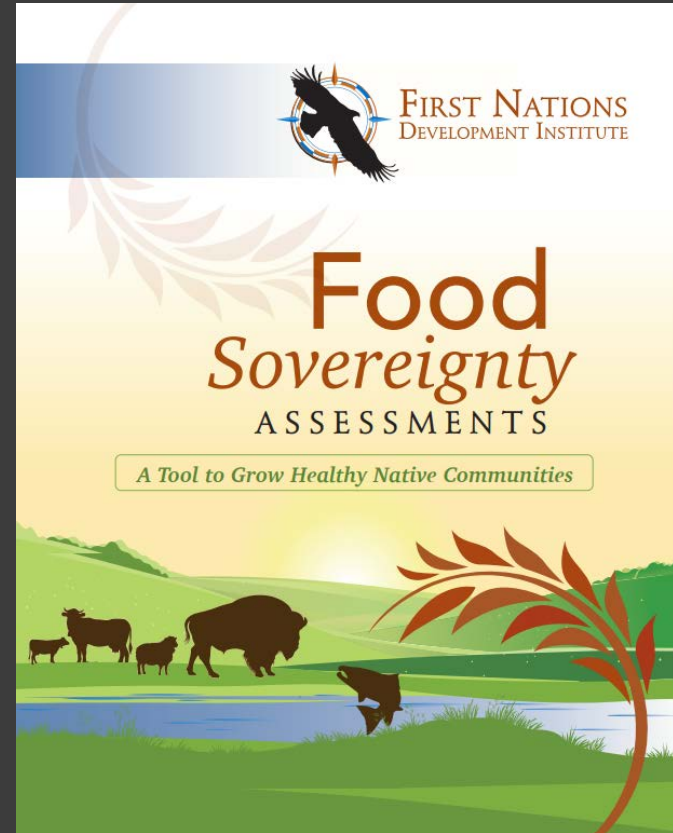
NAFSA is dedicated to restoring, supporting and developing Indigenous food systems through best practices and advocacy that place Indigenous peoples at the center of national, Tribal and local policies and natural resources management to ensure food security and health of all future generations



<https://nativefoodalliance.org>

Further Resources

- 2018 report compiling outcomes and lessons learned from numerous Native American communities conducting food sovereignty assessments
- Must have an account with FDNi's website to access this material



<https://firstnations.org/>



Questions & Answers

Upcoming Webinar

Diet & Mental Health

Thursday, May 24th @ 3:00 PM ET

Western Region Training & Technical
Assistance Center



Administration for Native Americans:

<https://www.acf.hhs.gov/ana>

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*Thank you
for joining
us today!*

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