



FIRST NATIONS
DEVELOPMENT INSTITUTE

Seeds *of* Native Health
A Campaign for Indigenous Nutrition



IMPACT REPORT

2015 • 2016

Growing FOOD SOVEREIGNTY in **NATIVE COMMUNITIES**

OUR MISSION

...to strengthen American Indian economies to support healthy Native communities. We invest in and create innovative institutions and models that strengthen asset control and support economic development for American Indian people and their communities.

OUR GUIDING PRINCIPLE

We believe that when armed with the appropriate resources, Native peoples hold the capacity and ingenuity to ensure the sustainable, economic, spiritual and cultural well-being of their communities.

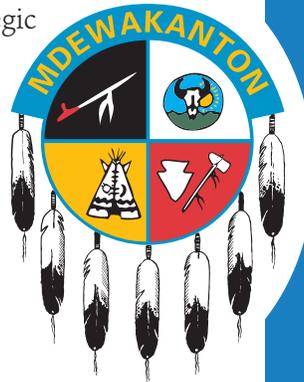


The OPPORTUNITY

Seeds of Native Health: A Campaign for Indigenous Nutrition

Extreme poverty and the loss of traditional foods have caused many Native Americans to suffer from inadequate diets and have led to widespread, chronic health problems. Many grassroots practitioners, researchers and advocates are already working to restore healthful diets. First Nations Development Institute (First Nations) was honored to be selected as a strategic partner under the Seeds of Native Health initiative.

To support grassroots practitioners in Native communities, the Shakopee Mdewakanton Sioux Community (SMSC) created the Seeds of Native Health initiative to improve Native American nutrition, reverse chronic health problems, reduce extreme poverty and reclaim traditional foodways in Native communities.



STRATEGIC PARTNER

First Nations Development Institute | First Nations Goals

- Invest in Native-led and developed projects in Native communities that increase access to fresh, healthy and local foods; and increase access to nutrition-related education.
- Grow the organizational capacity and human capital of communities served through technical assistance and training.

OUTCOME → *Catalyze Native food sovereignty efforts to grow strong and healthy Native communities.*



Why Food Sovereignty?

Prior to colonization, Native peoples had self-sufficient and sustainable food systems. Over time, removal from traditional homelands, limited access to traditional food sources, and transitions to cash economies, among other things, weakened tribal food systems. Today, many Native communities and households are food insecure, dependent on outside food sources, and maintain a diet of Western food stuffs that are often linked to negative and deteriorating health, community and economics.

Recognizing that the loss of self-sufficient food systems is a contributing factor to the myriad issues Native communities face today, First Nations works with and supports Native communities in reclaiming local food systems. Local food-system control is foundational to reversing years of colonization aimed at the disintegration of cultural and traditional belief systems and dismantling of Native social and economic systems. If Native communities control local food systems, food can become a driver for cultural revitalization, improving community health, and economic development.



“Change is possible through food! As we work to rebuild a stable food system for the Squaxin Island community, we have noticed significant changes in the overall well-being of our staff...”

~Squaxin Island community

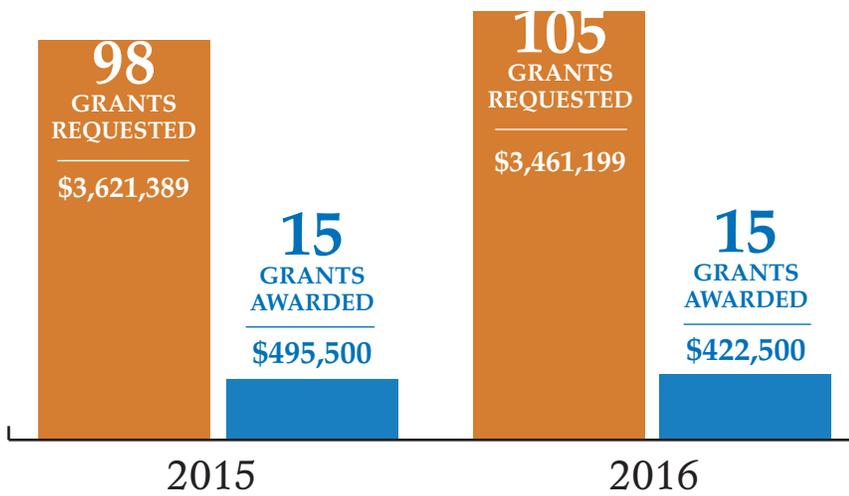


GOAL 1

Invest in Native-Led Innovation to Improve Native Food, Diet, Health and Nutrition



GRANTS Requested | Awarded under *Seeds of Native Health* Initiative



TYPES of ORGANIZATIONS AWARDED

Tribal Programs

14

**Nonprofit
or Grassroots
Organizations**

12

**4 Intertribal
Organizations
that serve**

27

communities

TOTAL NATIVE COMMUNITIES SERVED

53



“For the first time in the history of the Seneca Nation’s Farmers’ market there was a supply of white corn products made available to the public during the farmer market season. Access to this traditional food will be long lasting thanks to the support of the *Seeds of Native Health*.”

~ Seneca Diabetes Foundation

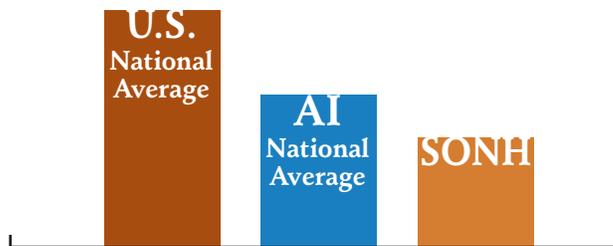


UNDERSTANDING

... the Communities We Serve

Extreme poverty and the loss of traditional foods have caused many Native American communities to suffer from inadequate diets and food insecurity, leading to widespread, chronic health problems. The Seeds of Native Health initiative was created to address these issues.

Median Household Income



U.S. National Average (U.S.) | **\$56,116**
 American Indian National Average (AI) | **\$36,252**
 Seeds of Native Health (SONHI) | **\$27,660**

43 of the 53 communities served under the Seeds of Native Health Initiative are located in counties that the USDA defines as a "food desert."

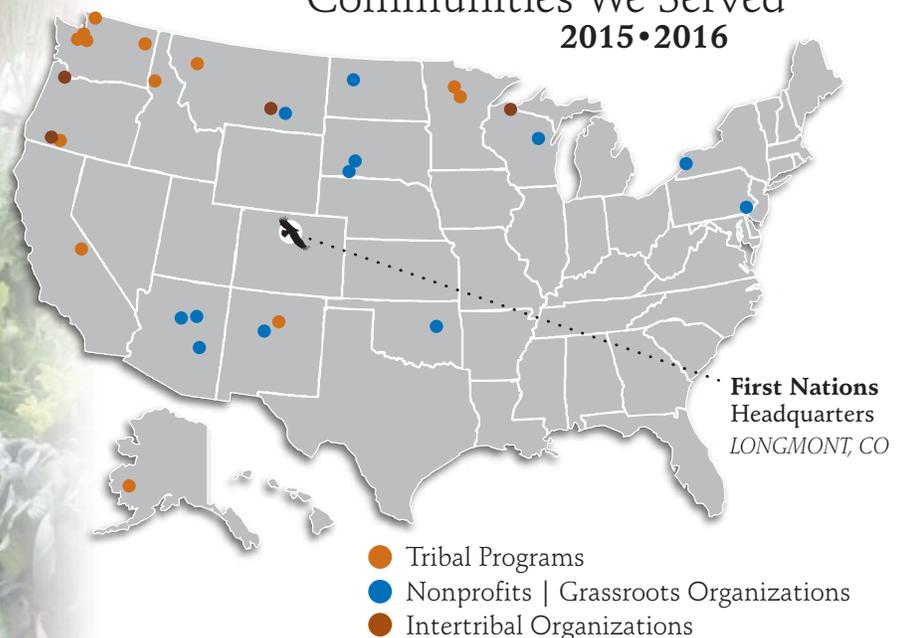
The average poverty rate across communities served under the Seeds of Native Health initiative was 28% compared to 13.5% nationally.

"We are so grateful for the support of **First Nations Development Institute** both through this **Seeds of Native Health Grant** and for other support that was provided for technical assistance trainings.

~ Bishop Paiute Tribe



Communities We Served 2015 • 2016





GOAL 2

Grow the Organizational Capacity and Human Capital of Communities Served

Growing Native Capacity 2015-2016 ACCOMPLISHMENTS

Organizations receiving onsite technical assistance	20
Virtual Technical Assistance Interventions (Includes phone calls, webinars, and other direct support)	107
Outcomes from technical assistance	
• Food Sovereignty Strategic Plans Developed for Native Communities	7
• Business Plan Trainings or Plans Developed	4
• Specialized Technical Trainings Provided <i>Topics include soils, composting, tea, seeds, peer mentoring, etc.</i>	9
• Financial Empowerment Trainings	2
• Board Development Trainings	3
• Organizational Financial System Development and Improvement	5
• Food Nutrition Training	11
• Project Management	3
• Community Outreach	6
Grantees Trained on <i>The Business of Indian Agriculture</i>	24
Travel scholarships provided for individuals to attend other technical assistance and training events	77

“With support from the Seeds of Native Health Initiative we have grown our food sovereignty program and created new collaborations with several tribal programs and others in the larger community ... This has really created strong momentum in our community.”

~ Bishop Paiute Tribe



STORIED PROGRESS. 1

Food Distribution: Increasing Access to Traditional Foods

The Food Distribution Program on Indian Reservations (FDPIR) is a federal program that provides USDA foods to low-income households, including the elderly, living on Indian reservations and designated areas in Oklahoma. The FDPIR program, commonly referred to as the commodity food program, feeds the most financially vulnerable households in Native communities. A variety of organizations have been working to make the FDPIR program work better for Native communities. Part of these efforts has included improving the quality of foods made available to FDPIR Native families and households.

With support from First Nations and Seeds of Native Health, the Intertribal Agriculture Council (IAC) focused on increasing access to traditional foods for low-income FDPIR households. In August 2016, USDA awarded contracts for traditionally-harvested wild rice, a new traditional food to be included in the FDPIR food package. The wild rice comes from the White Earth Band of Chippewa and Leech Lake Band of Ojibwe in Minnesota. Both of these tribes administer FDPIR in their communities. The tribes employ the traditional wild rice harvesting practices of hand harvesting and wood parching. These efforts support IAC's larger efforts to get Native American foods included in the federal procurement system.



Reclaiming Food Sovereignty: What Our Community Partners Accomplished

Feeding Ourselves

FRUITS HARVESTED 1,572 lbs.	VEGETABLES HARVESTED 63,613 lbs.
MEDICINE GROWN 102 lbs.	WILD RICE HARVESTED 56,385 lbs.
FISH HARVESTED 250,125 fish	



Increasing Access to FOODS

SOLD 11%	DONATED SUBSISTENCE 89%
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ESTIMATED
Food Revenue
SAVED & EARNED
\$1,752,234

Communities supported under the Seeds of Native Health Initiative leveraged an additional **\$1,560,033** to support their community projects.

Food Systems OUTCOMES

- 125** Community Gardens created | maintained
- 28** Community Farmers' Markets
- 18** Farm-to-School Programs created | supported
- 859** Food-Related Small Businesses created | supported
- 255** Classes | Workshops conducted
- 129** Jobs created | sustained
- 11** Internships Opportunities created
- 551** Volunteer Opportunities
- 9** Tribal Policies developed
- 2** Traditional Foods Curricula developed
- 8** Smoke Houses developed

People Served

TOTAL 6,319	YOUTH POPULATION 2,555	ELDERLY POPULATION 1,386
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"The nearest grocery store to our community is 20 miles away. Even that store lacks fresh and healthy foods. This project has really started community conversations about food, especially the availability of healthy foods for our people.

Thanks to this project ... overall awareness has increased about the fact that we need to be ... accessing healthy foods as a community. We need to be thinking about food sovereignty and need a big picture community plan for this. This project has created momentum around food sovereignty and now it's our job to sustain it."

~ Kalispel Tribe of Indians





STORIED PROGRESS • 2

Shakopee & Red Lake Share Deep Food Knowledge

Over the last year, the Wozupi Tribal Gardens, owned and operated by the Shakopee Mdewakanton Sioux Community in Prior Lake, Minnesota, and Gitigaanike (Red Lake Local Foods Initiative, or RLLFI) in Red Lake, Minnesota, have engaged in a key peer-to-peer learning opportunities to further food sovereignty work in their respective communities. They were brought together through an effort by First Nations Development Institute.

The two reservations are located at opposite ends of the state, with the Shakopee Mdewakanton Sioux Community (SMSC) located southwest of Minneapolis and St. Paul, and the Red Lake Nation in the northern part of the state, over a 500-mile round trip from SMSC. While the two tribal communities are many miles apart, the distance was not apparent when talking to the folks at Wozupi and Gitigaanike (RLLFI). Both spoke well of each other and their dedication to the food sovereignty work in their communities.

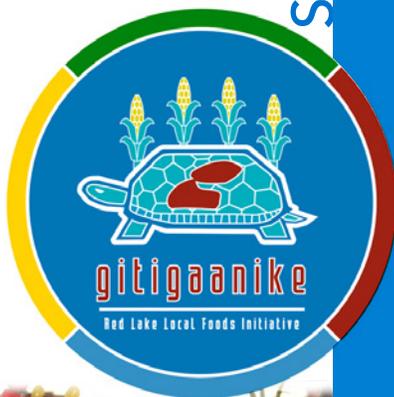
Beginnings & Sharing Knowledge

The impressive production set up at Wozupi made them the ideal partner for Gitigaanike (RLLFI), a tribal program under the Red Lake Nation Entrepreneur Program.

Cherilyn Spears is a Red Lake tribal member and a strong partner and advocate who served as the Project Coordinator for the Red Lake Economic Development & Planning department in 2016. Spears is interested in all aspects of food production and sees possibilities all around her. Her vision of a farm like Wozupi for her community is what drives her enthusiasm and dedication to her community. "It's good to see what other people are doing and to see their challenges and their successes. We want to have chickens, a windmill, a maple syrup farm, like they do," said Spears. First Nations was able to introduce these two partners to one another and over the course of several months these partners engaged in peer-learning around food systems work. This kind of networking and engagement would not have been possible without the Seeds of Native Health initiative.

The naming of the Red Lake garden "Nitaawigitoon Gitigaan" by one of the Red Lake elders — as part of their cultural customs and traditions — gave the garden a spirit. The "raising of a garden is not unlike raising a child. It needs constant care and guidance in order to raise it to adulthood," said David Manuel, a staff member of The Gitigaanike (RLLFI) for 2016. "Nitaawigitoon Gitigaan" in the Ojibwe language means the "raising and/or taking care of the garden." "Gitigaanike" is the Ojibwe name for the Red Lake Local Foods Initiative (RLLFI), and translates "to making a garden," according to Manuel.

To learn more about this project, please visit www.4directionsdevelopment.com.





STORIED PROGRESS • 3

Sustaining Culture and Livelihood in Remote Igiugig Village

In Igiugig, a small village of only 69 people on the Kvichak River in southwestern Alaska, resources are scarce. Food must be flown in, and strategies to keep the village – and the culture of the Yup'ik Eskimos, Aleuts, and Athabaskan Indians – flourishing must be seized. Here, with the support of First Nations Development Institute and the Seeds of Native Health campaign, this close-knit tribe is finding new ways to develop sustainable food sources, and creating opportunities for young people to succeed.

Igiugig is doing it by running a local food stand that is serving the community, while developing the entrepreneurial skills of the youth who make Igiugig Village their home. As a grantee of First Nations and the Seeds of Native Health campaign, the Village is thriving, and a culture of pride and self-sustainability is living on.

A Stand for Business

The food stand was proposed in 2015 as part of a three-tiered approach to enhancing the Village's food system. Over the course of the project, the Village would build and operate a greenhouse to grow fresh produce, train residents how to preserve traditional foods for year-round use, and create an entrepreneurial opportunity for youth through a retail venue for traditional foods.

For the food stand, the Village's young people would be involved from the very beginning – developing a business plan, purchasing and ordering food, managing expenses, and operating the stand. According to Jeff Bringham, project director, the kids would learn how to price food, what's involved with the point of sale, and how to determine a profit margin. "We realized it would be a lot to throw at teens," he said. "But we have mentored them. We held their hands, and built their confidence."

Sure enough, the kids' self-assurance kicked in soon after the food stand opened. They went from not knowing how to prepare food, to cooking and serving new recipes they found on their own. They've been given opportunities to not only provide a valuable service, but also be successful. "The project has shown them a way they can contribute and make a difference. They see they have a role in the Village, and they see a future in helping it grow and thrive," he said.

A Stand for Solutions

Ensuring this future is key to keeping the Village and culture going. "One of the unique things about Igiugig is that it is a small isolated place," explained Renée Grounds, Igiugig's grants administrator. "There are no stores or food sources. It is up to individual families to hunt, fish and gather, or order supplies on their own that must be brought in by airplane."

Grounds said they are grateful for the support of First Nations in making efforts like these possible. "With First Nations, we were able to get the food stand launched, and pursue more opportunities to improve the Village. First Nations keeps us motivated."





CRITFC Buys Tribal Fishers & Columbia River Salmon Culture

A resource for fishers and a respect for salmon have been at the heart of the Columbia River Inter-Tribal Fish Commission (CRITFC) in Portland, Oregon, for close to 40 years. Formed by the Confederated Tribes of the Umatilla Indian Reservation, the Confederated Tribes of the Warm Springs Reservation of Oregon, the Confederated Tribes and Bands of the Yakama Nation and the Nez Perce Tribe, CRITFC provides a unified voice in managing fishery resources and exercising the inherent sovereign powers of the tribes.

Supporting more than 800 tribal fishers and participating in one of the largest fisheries in the United States, CRITFC helps families continue their traditional fishing on the Columbia River. Moreover, the commission helps assure salmon can continue to be a part of the tribal culture, diet and economy.

As a thriving grantee of First Nations, CRITFC has grown into an enterprising resource, providing marketing support while ensuring safety and promoting sustainability. It is an organization always doing more to serve the tribal fishers and drive prosperity for the tribes – all through the “fish that unites us all.”

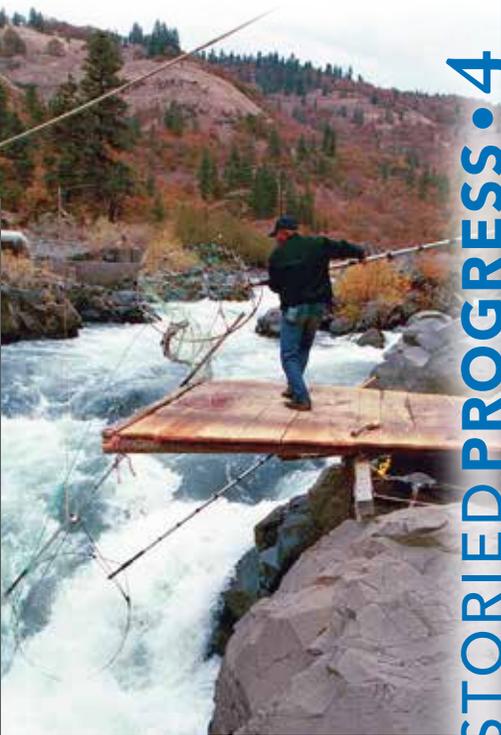
Support

The role of the commission is to provide technical assistance to the four member tribes. Part of that support involves helping tribal fishers access new markets and increase the economic value of the commercial treaty fisheries. Tribal fishers get support for safe fishing, improving operations and accessing new markets, increasing both sales and income. “We support these tribal fishers so that they can go out and exercise their tribal rights,” said Sara Thompson, CRITFC public information officer. “We are a tool. We’re here to help them.”

Food Safety

With support from First Nations and the Seeds of Native Health initiative, the Commission has been offering workshops on food safety and handling – proper icing, vacuum packing, canning, labeling and quality control. In 2016, CRITFC launched efforts to help tribes comply with FSMA (Food Safety Modernization Act). Plans today include expanding the tribal and fisher education program and updating the fisher food quality handling handbook to reflect FSMA.

This focus on food safety has not only produced food compliant with federal food safety standards, it has increased the value of the salmon. As government regulations have gotten stricter and consumers have become more discerning, the ability of fishers to catch and deliver healthy, safe food has resulted in higher revenues.





LESSONS LEARNED

Seeds of Native Health | 2015-2016

There were many lessons learned under the Seeds of Native Health initiative that highlight ways to improve Indigenous nutrition and health. The following pages highlight some of those findings and are informed by our community partners.

1 There is a vibrant food sovereignty movement occurring in Native communities but additional support is needed so that Native communities can turn their plans into action.

There is a high percentage of unfunded projects in Native communities. For example, from 2015-2016 under the Seeds of Native Health initiative, First Nations was only able to meet roughly 13% of funding requests. The sheer number of proposals demonstrates that Native communities are focusing on issues of food, diet and health but need additional financial support to actualize or scale these projects. There needs to be more funding and funders willing to support community-based food sovereignty efforts targeting Native food, diet and health.

2 Funders and other supporters need to meet Native communities where they are in advancing local food sovereignty work.

Some Native communities have advanced and sophisticated food sovereignty plans and ambitions while other Native communities are just formulating plans around food sovereignty. On the one hand, some communities may be looking to start their first community garden, an act of bravery that seeks to feed members of their local community or make healthful foods available locally. On the other hand, Native communities may be looking to grow agriculture-related businesses or are developing legislation and policy to regulate their local food system.

Native communities and potential partners must understand there are different places to enter the food sovereignty space to improve Native health, diet and nutrition. But acts of food sovereignty must be intentional and come with long-term vision and plans to advance food sovereignty.

Organizations or individuals looking to partner with Native communities around food sovereignty, including funders, must meet Native communities where they are and be partners and not attempt to control Native food sovereignty efforts. The process of colonization that removed Native control of their local food system did not happen overnight. Thus, the process of growing and strengthening food sovereignty will not occur overnight.



“Food is a great leveler. If you get the food right, people feel more at home.”

In total, Seeds of Native Health grantees harvested over 65,000 pounds of food mostly used for subsistence and providing access to foods for vulnerable populations. Developing mechanism to feed people locally, especially those who may be most vulnerable to food insecurity and hunger, is one of the keys to improving Native nutrition, diet, health and overall sovereignty. Feeding a community fills an essential social good but also builds bonds of trust and social capital, all important indicators for growing a strong and healthy Native community.





4 Communities need forums and outlets to share information and network to learn from one another.

A significant number of grantees under the Seeds of Native Health initiative took advantage of resources available to network with other Native communities. Native communities need more opportunities to network and share best-practices to nourish and grow indigenous communities of practice around different elements of food sovereignty. Without these forums for Native communities to come together and share information, Native communities will miss out on the opportunity to learn from one another and share indigenous knowledge that will grow Native food sovereignty.

5 Technical assistance and training are critical to program success.

Community partners reported that the technical assistance (TA) and trainings provided by First Nations was critical to building their organizational capacity to deliver services to their communities. This included specific requests for one-on-one TA (ad hoc), and participation in webinars, conferences and trainings. Technical assistance and training were essential components to the Seeds of Native Health initiative, without which many grantee projects would have had limited success and impact.

Numerous accounts of impactful TA were reported, such as these selected examples:

- “We did one-on-one TA, absolutely amazing. It blows my mind how many experts they [First Nations] have. We don’t have a lot of capacity to work with youth. Neither me, nor the Executive Director has much experience with youth in food sovereignty work. They found a person to meet our objectives on youth events, teaching them and motivating them. This expert was amazing.”
- “I went to the First Nations LEAD conference. It was great seeing some phenomenal projects down in Navajo country. I learned about other projects and said, ‘Wow, look what we can do.’ We saw people at LEAD that were so inspiring. I’ve followed up on a few. I have all the materials. If I need to call someone, I feel I can now do that.”
- “I was not familiar with grants. This is the first one I’ve managed. I feel I have a better understanding of grants management. I’ve learned more efficiently through this [TA] process.”

Native communities have remarkable ability to leverage small investments.

Communities supported under the Seeds of Native Health initiative leveraged over \$1.5 million to support local food sovereignty efforts aimed at improving Native health, diet and nutrition. This leverage came from matching grants, tribal contributions and in-kind support from community partners. The amount of funds leveraged by community partners shows that Native people and communities have the ingenuity and creativity to maximize investments for food sovereignty.

The integration of Native culture is fundamental to community support and program success.

Many grantees reported that the integration of culture in their programming is the critical factor in their success and in gaining their community’s and tribe’s support. Linking current local food systems with historical and traditional food-related cultural practices helped community members (and especially influential elders) appreciate the importance and urgency of their role in building new food pathways that support tribal sovereignty, local economies, and community health and wellness. Integrating culture also helped preserve cultural knowledge and Native languages through inter-generational transfers where elders taught children about traditional foods and medicinal plants, food production and gathering practices, and food preservation and storage techniques. Finally, the teaching and learning of cultural and traditional knowledge excited both elders and children alike.





Several examples of cultural integration were shared by Seeds of Native Health grantees, as follows:

- “One of our challenges in our community is the gap between the experience of the elders and the experience of grandchildren. Living off the land versus tech devices. There are very few gardens and farms that are active. What we’ve learned is that by focusing on traditional foods — blue corn, squash, melons, beans, then adding leafy greens, tomatoes — elders are more willing to engage and are excited to work with community children. We have young families, and kids are asking for blue corn mush in the mornings. We serve it at school. It’s a traditional food, highly nutritious. One young parent had to learn to make it because her kids asked for it. Then she made it and now she eats it.”
- “We used community members to help drop seeds and seedlings — there were lots of prayers tied to that. Culture played a huge part. The youth were really engaged and connected to this activity. They also got really excited connecting to the elders. Delivering the crops and learning about the various aspects of agriculture. It made a huge impact. [The tribe] was agriculturally self-sufficient, but now doesn’t seem feasible. The more the community sees that produce can work, it reopens that door to what’s possible.”
- “We started a youth program to learn the language. This gave a lot of good opportunities for learning the language, especially about salmon and berry picking, traditional food activities for our community. It harkens back to the old subsistence lifestyle. Some of it is being lost. It’s good to connect to the history and old knowledge for foods and plants.”



Youth development is a key focus area in strengthening Native food systems. Native youth are the seeds of Native health.

Most community partners under the Seeds of Native Health project had a strong youth component. Youth are viewed as the key focal point in building a sustainable generational food sovereignty movement in Native communities. Engaging receptive and curious youth creates persuasive advocates and ambassadors to older generations (teachers, parents, uncles, aunts, grandparents), peers (siblings, cousins, classmates), and future generations.

Several grantees explained this youth strategy as follows:

- “We’re really proud of our educational outreach with youth. Last year, we worked with the public elementary school. We built their garden and greenhouse. The kids used it as part of the science curriculum. We showed them how our grandpas used to plant. Everything we do always has a purpose. Our community, especially the youth, are excited.”
- “We are giving youth tutorials about food sovereignty, why traditional foods are better, in youth camp and in meetings. We are feeding them traditional foods as much as possible ... helping them form a relationship with their traditional foods. We help their families. We don’t want to have this information isolated with the child so they become leaders in their families and communities.”
- “We had 15 youth in the program who had access to education on first-time gardening ... and a cultural perspective to food and resilience. We expanded the cultural understanding of local food access. Understanding local harvesting, local animals, fruits and berries. Everyone is tired of listening to Indian Health Service (IHS) because they are trying to scare us. We took the approach of using kids in the greenhouse, and actively having them be the ambassadors. We had a hunch that this was the way to go. We thought, ‘people might listen to their children more than they listen to their doctors.’”
- “Schools are important in talking about food sovereignty... but are underutilized when they can be used as vectors of change. Native communities may not see a store but they will always see a school. They are one of the biggest employers with the most resources. Our overarching vision is that the school can be the lifeblood of our whole community and educate the community to live better.”



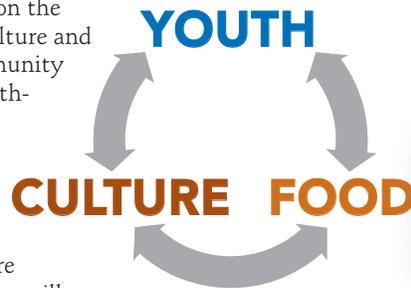
10 Projects and knowledge that link food, diet and nutrition to the economy need to be developed, nourished and expanded.

Issues around food insecurity and diet-related diseases start with the economy of food. Food purchases make up a large percentage of household expenses and Native communities spend millions collectively on food annually. In most cases these food dollars flow into non-Native businesses and communities. There is tremendous need to support education and action around local food dollars and invest in models to reclaim local food dollars.

Most of the food produced under the Seeds of Native Health initiative was donated to feed people locally. But valuing the food that was produced estimates (at the low end) that all the foods produced under the Seeds of Native Health initiative was worth over \$1.7 million. This tremendous volume of food produced demonstrates that there is market potential to look at how businesses and economic markets can improve Native food, diet and health and grow strong and healthy Native communities.

9 The nexus of youth, culture and food is a key to strengthening food sovereignty in Native communities.

Most programs supported by the Seeds of Native Health initiative highlighted a clear nexus of focus on the interaction between youth development, culture and tradition, and local food systems. The community partners that reported an integration of youth-culture-food programming were able to demonstrate high impact and program success. Youth represent the future of Native communities and are the ones who are most receptive, curious and adaptable to changes in their food pathways. As our future leaders, their behavior and attitudinal changes will have the most lasting impact on Native communities.



For youth, culture serves as the gateway to learning about the past, the present and the future. It ties historical and traditional practices with contemporary issues and technological solutions. It reinforces a core set of Native values and Native identity. Youth, who are often under-parented and/or unaware of their culture, become naturally curious and excited when exposed to elders who share their traditional knowledge and experiences. Finally, as one grantee expressed, "Food is great leveler. If you get the food right, people feel more at home." Food provides the social glue that brings all of us together relationally. Food connects us all to each other, to our land, to our past and to our future.

Work that focuses on the intersection between food, culture and youth are focusing on something greater than simply feeding and providing nourishment — it is about creating connections that were once strong but have been weakened or lost.

Thus, new or expanded programming that targets the youth-culture-food nexus could prove highly effective in not only increasing local food access and wellness, but in tribal nation-building, Native community development, and cultural revitalization. Support and resources in this area would be a wise investment in the future of Native communities.





11 We need to develop frameworks that articulate and put into action tribal food value chains.

In many Native communities the onset of a cash economy made Native communities dependent on grocery stores for food sources. This has implications for local Native economies and also the social context of Native food systems. For example, as Native people have turned to grocery stores for food goods, tribal farmers, ranchers, fishers and other producers have become less important to the social fabric in some Native communities.

Many projects supported under Seeds of Native Health are critically challenging mainstream assumptions of the food value change. These Native communities are developing ways to reassign tribal values to the local food chain and this includes valuing tribal food producers. A critical analysis of the value food chain allows Native communities to develop new models and frameworks that are based in indigenous knowledge and values and link these knowledge systems to the local food ecosystem.

Economic markets are connected to value chains in mainstream economics. But communities supported under the Seeds of Native Health initiative have demonstrated that there is a wide range of tribal projects that look at food through core traditional values not captured within a capitalist framework. There needs to be more conversation about the different value systems around food and how indigenous communities can develop their own value chains around local foods.

12 Policy can increase Native food sovereignty.

Tribal policy remains a key area for development to further tribal food sovereignty. This opportunity is especially ripe in communities that have been working on food sovereignty efforts over many years. Within these communities, community partners and tribal governments may be ready to initiate new systematic change rooted in law and policy to strengthen tribal food system control. But the passage of tribal polices must also ensure that there are enforcement mechanisms in place to support policy implementation and an evaluation framework in place to evaluate the effectiveness of tribal food system policies.

13 We need to support tribally controlled, developed and initiated data collection in Native communities.

There still needs to be Native-led and developed data collection efforts in Native communities around food, diet and health. Most data available on food in Native communities comes from the USDA and other health agencies. Most of these data are rooted in a deficient framework and paint Native communities as "food deserts" in dysfunction and despair. But the Seeds of Native Health initiative has demonstrated that there is a strong vibrant movement taking place in Native communities aimed at improving Native food, diet and health. But Native communities need to continue to develop their own methods of data collection and indicators based in strengthen- based epistemologies and ontologies that have sustained Native communities since time immemorial.





COMMUNITY PARTNERS

Meet Our Seeds of Native Health Community Partners | 2015-2016

The following Native communities and organizations are engaged in transformative Native-led and developed community change and received support under Seeds of Native Health.

2016 Community Partners



Choctaw Fresh Produce • Philadelphia, Mississippi | \$33,418

The "Choctaw Local Food Ambassador" program hired an ambassador to lead coordination of training in organic growing, farm tours, mobile market, on-reservation sales to tribal programs, surveying community needs/desires relative to foods grown, and more.



College of Menominee Nation • Keshena, Wisconsin | \$34,332

The "Strengthening Menominee Health and Native Food System" project increased production of traditional, healthy food through the cultivation of a garden, and it increased community members' financial accessibility to produce by implementing financial incentives for SNAP users and garden volunteers. It also educated Menominee students and elders about the history of traditional Menominee winter squash.

Columbia River Inter-Tribal Fish Commission • Portland, Oregon | \$30,000

The commission worked with the four Columbia River tribes to increase education about and adoption of food safety codes for fisheries to comply with the federal Food Safety Modernization Act (FSMA).

Confederated Salish & Kootenai Tribes • Pablo, Montana | \$34,343

The "Healing the Jocko Valley" project increased nutrition and health knowledge by providing gardening and healthy cooking activities. It also provided opportunities to gather, prepare and preserve traditional foods, increased access to healthy, locally-produced foods, and more.

Grasshopper Livestock Association • Cibecue, Arizona | \$10,000

The "Entrepreneurship and Growth Program" generated income for association improvements and enhanced potential income for association members through the sale of cattle to the Native Beef program of LaBatt Foods.

Great Lakes Indian Fish & Wildlife Commission • Odanah, Wisconsin | \$31,336

The "Manoomin - The Good Berry" project worked to strengthen local tribal food systems by increasing awareness of and access to traditional Anishinaabe food knowledge, recipes and local tribal wild rice harvesters for all 11 member tribal communities.



Kalispel Tribe of Indians • Usk, Washington | \$28,270

The "Kalispel Family Gardens" project increased food security by increasing the number of family gardens and providing gardening support to community members.

Klamath Tribal Health & Family Services • Klamath Falls, Oregon | \$34,343

The "Chiloquin Community Kitchen/Food Security" program increased access to healthy foods by completing renovations to the food security building and creating a commercial-grade community kitchen, learning classroom, food storage and distribution center.

Muckleshoot Indian Tribe • Auburn, Washington | \$17,418

The "Traditional Healthy Beverage Campaign" worked to reduce youth consumption of sugary drinks and increase the consumption of herbal teas, fruits and vegetables.

Nooksack Indian Tribe • Deming, Washington | \$30,478

The "Nooksack Seeds of Health" project established a local community garden and other education opportunities for Nooksack Indian Tribe members.

Northern California Tribal Court Coalition • Talent, Oregon | \$37,761

The "Tribal Food Purity Project" drafted legislation that will limit the release of chemical toxins and ensure that land- and water-based food resources can be safely harvested and consumed today and for future generations.

Nueta Hidatsa Sahnish College • New Town, North Dakota | \$34,343

The "Nueta Hidatsa Sahnish College Full Circle Nutrition Program" is a garden-to-plate program that improves the cultural connection to food, nutrition, skills and education of college students and staff.





Oyate Networking Project/Oyate Teca Project • *Kyle, South Dakota* | **\$33,072**
The grant supported the "Medicine Root Gardening Program."

Red Lake Band of Chippewa Indians • *Red Lake, Minnesota* | **\$1,000**
This grant supported the Red Lake Food Summit.

Squaxin Island Tribe • *Shelton, Washington* | **\$32,385**
The "Squaxin Community Garden Project" developed a tribal community garden to sustainably improve food security and health outcomes for the community.

2015 Community Partners

Bishop Paiute Tribe • *Bishop, California* | **\$40,000**
This project served tribal members by increasing access to traditional and organic foods through the Tribal Food Sovereignty Farm and the Tribal Community Market.

Igiugig Village • *Igiugig, Alaska* | **\$39,794**
This project increased food security through greenhouse-grown fresh produce, training local residents in food preservation, and promoting youth entrepreneurial opportunities through a traditional food stand.

Intertribal Agriculture Council • *Billings, Montana* | **\$17,887**
This project implemented a tribally-supported agriculture project to improve access to healthy and traditional foods in the Great Lakes Region.

Leech Lake Band of Ojibwe • *Cass Lake, Minnesota* | **\$33,743**
This project created a community garden at the tribal school that focuses on healthy and local meal choices.

Little Big Horn College • *Crow Agency, Montana* | **\$12,500**
This project promoted health through the exercise of gardening and by building respect for growing one's own food.

Mvskoke Food Sovereignty Initiative • *Okmulgee, Oklahoma* | **\$40,000**
This project promoted healthy eating through gardening and education classes on farming and gardening.

Nez Perce Tribe • *Lapwai, Idaho* | **\$37,629**
This project promoted good health, diet and exercise through community gardening and the building of a smokehouse and pavilion that is dedicated to processing local traditional foods.

North Leupp Family Farms • *Leupp, Arizona* | **\$34,650**
This project served the Navajo Nation by supporting family farmers and increasing their access to retail outlets.

Painted Desert Demonstration Project, DBA the STAR School • *Flagstaff, Arizona* | **\$40,000**
This project engaged young Navajo students in growing, processing, cooking and serving meals to the community by constructing a greenhouse adjacent to the community kitchen.

Pueblo of Nambé • *Santa Fe, New Mexico* | **\$37,404**
This project continued to teach the Indigenous traditional knowledge of farming and agriculture by expanding the production of fresh produce.

Red Lake Band of Chippewa Indians • *Red Lake, Minnesota* | **\$39,171**
This project worked to improve nutrition at the Red Lake Reservation as well as stimulate the local food economy by educating community members on growing their own food.

Seneca Diabetes Foundation • *Irving, New York* | **\$32,040**
The "White Corn Project" focused on the cultivation, processing and distribution of white corn to the Seneca Nation.

Suquamish Tribe • *Suquamish, Washington* | **\$28,773**
This project brought together elders and other community members through the building of five smokehouses, and developed a curriculum to teach youth traditional skills to feed themselves and their families.

Zuni Youth Enrichment Project • *Zuni, New Mexico* | **\$40,000**
This project promoted small-scale local agriculture, improved the local food system, and facilitated intergenerational knowledge exchange by constructing an outdoor learning space and farmers' market.

Thunder Valley Community Development Corporation • *Porcupine, South Dakota* | **\$21,909**
The organization assembled and coordinated a Lakota Food Sovereignty Coalition, continued the successful community garden program, and developed a sustainable agriculture demonstration farm and an aquaponics greenhouse.





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• To learn more about the **Seeds of Native Health** program, please visit www.seedsofnativehealth.org •

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