

NW Tribal Food Sovereignty

NW Portland Area Indian Health Board

Oregon Nutrition Day

June 17th, 2021

Nora Frank-Buckner, MPH

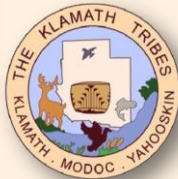
(Nez Perce/Klamath)

Food Sovereignty Initiatives Director



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INDIAN HEALTH BOARD
Indian Leadership for Indian Health

A bit about me...



Klamath Falls, OR



Vancouver, WA



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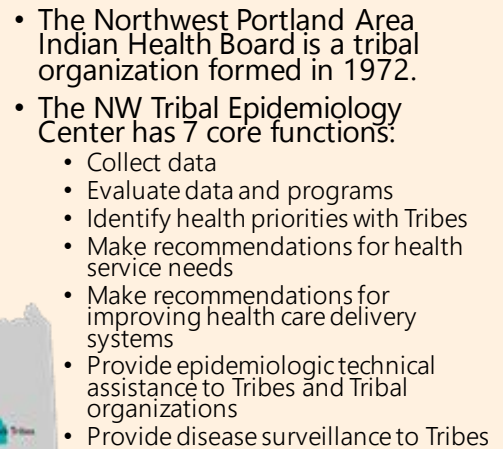
OHSU



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UNIVERSITY

SCHOOL OF
PUBLIC HEALTH

NW



Some Definitions

1. What is **tribal sovereignty**?

- a) Tribal sovereignty refers to the right of American Indians and Alaska Natives to govern themselves. The U.S. Constitution recognizes Indian tribes as distinct governments and they have, with a few exceptions, the same powers as federal and state governments to regulate their internal affairs.

2. What is **food sovereignty**?

- a) Many definitions, it can vary from tribe to tribe, and person to person
- b) Here's **one** definition: "The right of a people to healthy and culturally appropriate food that is produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems"



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Oregon First Foods



Huckleberries



Camas bulbs



Acorns



Fiddleheads (ferns)



Salmon



Lamprey



Elk



Duck



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SB13 Tribal History/Shared History Oregon.gov

Barriers to Food Security & Nutrition

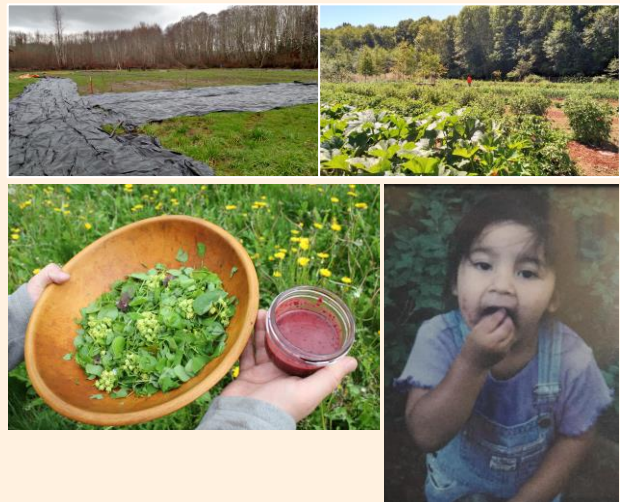
- Historical trauma and its relation to food
- Food Security, access, and distribution issues
- Policy barriers/issues regarding traditional foods
- Curriculum downfalls around nutrition
 - Evidence based vs. Best practice/Culturally appropriate
- COVID-19 Impacts
 - Food Security during COVID-19 Survey (WATRIBAL)- adaptation of WAFOOD Survey



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Strengths, Resiliency, & Models Moving Forward

- Policy priorities
- WSDA Farm to School-
Scratch Cooking Institute-
Tribal Schools and Traditional
Foods
- Intertribal Food Systems
- True partnerships that honor
tribal sovereignty



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Key Takeaways

- Tribes are sovereign nations with an inherent right to control the food system and make traditional food available to their people.
- The hunting and gathering practices, and nutrient content of traditional food supported the health of tribal people prior to first contact.
- Return to traditional food ways is not only a nutritious practice, but an exercise of religious and cultural ways.
 - Using traditional foods can strengthen individuals cultural ties and assist in overcoming some aspects of historical trauma. **Food is medicine!**
- Tribal citizens have a wealth of food knowledge and this knowledge and belief system should be incorporated into the Western medical system when providing care to AI/AN people.



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Image Citations from SB13 Tribal History/Shared History Oregon.gov

Oregon First Foods Slide

- Huckleberries: <https://digitalmedia.fws.gov/digital/api/singleitem/image/natdilib/30223/default.jpg?highlightTerms=huckleberry>
- Camas bulbs: <https://www.nps.gov/articles/camas.htm>
- Acorns: <https://www.blm.gov/programs/recreation/recreation-activities/oregon-washington/table/rocks/cultural-history/seasonal-rounds>
- Fiddleheads (fems): Image #123533 by LoggaWiggler (Pixabay License)
- Salmon: <https://digitalmedia.fws.gov/digital/collection/natdilib/id/26887/rec/8>
- Lamprey: <https://digitalmedia.fws.gov/digital/collection/natdilib/id/12687/rec/23>
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Thank You – Questions?



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