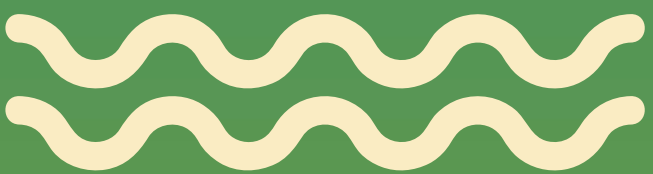


# MUCKLESHOOT FOOD SOVEREIGNTY

Valerie Segrest



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CEO, Tahoma Peak Solutions





# COAST SALISH FOOD SYSTEM HISTORY

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14,000 years

1792: Captain Vancouver enters the Salish Sea

1833: Hudsons Bay Company

1850: Donation Land Claims Act

1855-56: Treaties of the Puget Sound

1870-1930's: Indian Boarding School Era

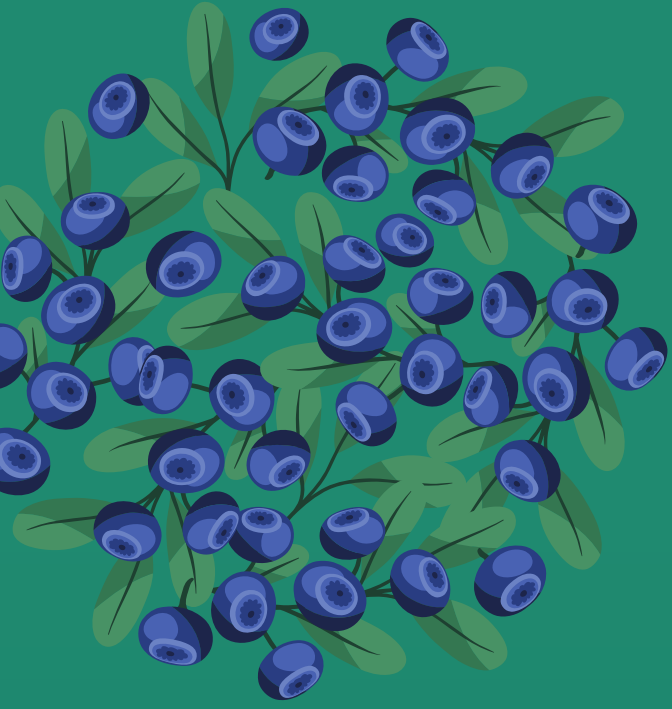
1930: USDA Commodity Foods Program

1950: 1st Documented Case of Diabetes

1960-74: U.S. v WASHINGTON Boldt Decision

1978: American Indian Religious Freedom Act





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**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.**

“





# MUCKLESHOOT TRADITIONAL FOOD MAP

## HOW TO NAVIGATE YOUR FOOD RESOURCES

LOCATIONS IN PARENTHESES ARE PROPOSED OR FUTURE FOOD RESOURCE SITES AS OF APRIL 2011.



NORTHWEST INDIAN COLLEGE  
Xw'el'mi E'ik • Tal • Neww S'gul

This map was produced with the guidance of Muckleshoot community members, organized by Valerie Segrest, artwork by Roger Fernandez, graphic design by Annie Druli, and supported through the Northwest Indian College, United States Department of Agriculture, and the Honor the Earth Foundation.



# Muckleshoot Food Sovereignty Action Plan



**Increase  
Access to Our  
Foods**



**Educate &  
Revitalize our  
Foodways**



**Cultivate  
Community  
Involvement**



# Healthy Food Guidelines of the Muckleshoot Kitchens

**Traditional Foods  
Featured Weekly**

**Wholesome Fresh  
Ingredients**

**Local & Seasonal  
Inspired Menus**



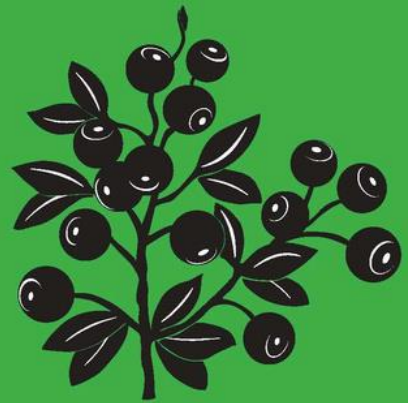
**Highest Quality  
Ingredients**

**Support Community  
Food Producers**

**1,000+ Meals  
Per Day**

# Feeding 7 Generations

*Food is a gift. Salish Elders remind us that true wealth is having access to native foods, along with the knowledge of how to gather, prepare and serve them. Our values and food traditions are a living legacy that links us to past, present and future generations. Several times a day, we encounter opportunities to reflect on what we eat and how our choices change our world. When we harvest native foods and incorporate them into our modern lifestyle, we strengthen our cultural identity, our relationship to the land and tribal sovereignty. It will take all of us to feed the next seven generations.*



## Live with the Seasons.

From spring camas prairies to summer huckleberry meadows to autumn fish runs, seasonal foods connect us with the rhythm of the land. For thousands of years we have organized our lives to gather what is in season. In return, we receive peak nutrients that keep us healthy all year long.

## Diversify Your Diet.

Our ancestors ate a wide variety of foods just a few generations ago. Today, most Americans eat only 12–20 foods on a regular basis, limiting our consumption of minerals, vitamins and other nutrients. When we eat many types of foods, we receive the nourishment we need to stay strong. We also promote the diversity and health of the land.

## Eat More Plants.

All health advocates agree that we need to eat more plants. Plant foods help us maintain a healthy weight and prevent chronic diseases including heart disease, diabetes and cancer. Eating more plants also reduces climate change and environmental destruction.

## Traditional Foods are Whole Foods.

Imagine walking through the grocery store with your great grandparents. What would they recognize as food? Our ancestors thrived on whole foods that weren't industrialized, genetically modified, refined, packed with sugar or blended with additives, dyes or chemicals. Whole foods feed the wholeness within us.

## Gather Wild Foods.

There is a store outside your door. Wild foods are the most nutritious and flavorful foods we can find. Free and accessible, they thrive all around us from forests to fields to backyards. Tasting wild foods connects us to the gifts of the land and attunes us to the seasons.

## Cook and Eat with Good Intention.

Cooking is a time to offer respect to the plants and animals that gave their lives to nourish us. It is also an opportunity to honor our culture and the people with whom we share food. If we eat while on the go, we miss the pleasure of eating, and do not have sufficient time to savor and digest. Harvesting, preparing, serving and consuming food with good intention feeds our bodies and spirits.

## Give Back to the Land.

When we harvest and grow food in a way that supports plant and animal communities, we express native values of generosity. Generosity includes both giving and receiving. Organic and sustainable practices return basic life materials to the soil. Through caring for the land, we continue the ancient practices of our ancestors and pass down a world that supports generations to come.



This teaching tool was created by Elise Krohn and Valerie Sagrest, and is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. Artwork by Joe Seymour.



FIRST NATIONS DEVELOPMENT INSTITUTE



NPAIHB  
Indian Leadership for Indian Health



This resource is made possible through funding by the Muckleshoot Indian Tribe, the First Nations Development Institute, and the Northwest Portland Area Indian Health Board.



**Traditional Foods  
are Whole Foods**

**Cook and Eat with  
Good Intention**

**Give Back to the  
Land**



**Live with the  
Seasons**

**Diversify Your  
Diet**

**Eat More Plants**



# Strengthen Food Sovereignty

**Food System  
Mapping**

**Cultivate  
Community Action**

**Increase Access  
to Good Food**

**Develop Food  
Action Plans**

**Lift up Local  
Food Producers**

**Educate and  
Transmit Food  
Traditions**

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**THANK YOU  
FOR ALL  
THAT YOU  
DO!**

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