

FOOD FOR INDIGENOUS FUTURES

FIRST YOUTH COUNCIL LISTENING SESSION



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QUOTES FROM YOUTH

“This is helping me stay
sober”

ALANA

At our First Listening Session:



YOUTH TOURED OUR GARDEN

The youth council embarked on a journey through our garden, a living testament to cultural preservation and sustainable agriculture.



YOUTH TOURED THE FISHERIES

Our youth council explored the Fisheries Department at Cal Poly Humboldt. While on this tour, they cultivated the intrinsic relationship between Indigenous communities and the preservation of our waterways.



WE ALL SHARED A TRADITIONAL MEAL

We got to experience the heartwarming unity of our Native American Youth Council as we came together to share a meal. Sharing foods are so important to solidifying bonds getting to know the people around us.

Our Staff



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What keeps you motivated to learn more about food sovereignty and work with traditional foods and medicines?

Connection to culture and being more confident in my Indigenous identity. -Zeen

Appreciation for the things people have fought for. -Destinlee

Connecting with my culture and finding alternatives to manufacturing products. -Kyra

My papa and hopes to teach my siblings and my community -Michaela

What keeps me motivated is how and what I can learn in all of this knowledge can be forgotten and I want to know to spread the knowledge and not let it die. I'm just try to put my best effort in all this. -Ivan

I've always wanted to learn and this is an amazing way to. -Alana
Healing and wellness -Maudesty

My family and the fact that there is always more to learn, always a new plant with another use. -Naomi

How could the
youth council
better support
you in your
efforts to
enhance
traditional food
systems and
food
sovereignty?

Bring more understanding and normalcy to traditional foods. -Zeen

Give me more knowledge about traditional food. -Ivan

By teaching me how to gather and prepare Native Foods – Kyra

Bringing like-minded people with a passion to share knowledge and connect with each other and the lands we all come from -??

By teaching me – Destinlee

Teach me! – Michaela

Help learn and understand our foods and what they mean -Alana

Sharing knowledge and resources for encouraging food sovereignty in diverse communities and landscapes -??

What are some
of your main
concerns
around the
preservation
and cultivation
of traditional
foods and
medicines?

That people won't see their importance. -Destinlee

Seeing Elders pass all the time, I feel rushed to learn and record everything at once, so I guess my biggest concern is the knowledge that's been lost. -Naomi

That people will colonize our knowledge -Zeen

The loss of practice and knowledge of everything -Alana

My main concern is that the knowledge is passed onto the youth and anyone who wants to learn. -Kyra Coldwell

Creating a comfort(able) space that the youth can come to learn. Make sure our youth are supported. -Michaela

Nor sure on this question so I wrote this "the concern is knowledge and support goes lost" -Ivan

What are the top three obstacles you think Native youth are facing today?

Comfortability in their knowledge (validity)

Access to the land and knowledge -Maudesty

Feeling and staying connected

Knowledge access

Drugs and peer pressure -Alana

Substance abuse

Lack of support

Accessibility

Michaela

Drug and alcohol addiction

Colonization of our past

Keeping traditions alive – Kyra

Addiction

Cultural erasure/generational trauma

Poverty

Lack of cultural teachers/hoarded knowledge -Naomi

Reliable support systems

Access

Harsh conditions -Destinlee

What does food
sovereignty
mean to you?
How do you
define food
sovereignty,
why is it
important to
you?

Helps me feel better and more connected with my culture, myself, and ancestors. -Alana

Having a choice over the food you cultivate and eat. -Destinlee

Food sovereignty is time spent gathering traditional foods with my children, it means good memories and full bellies. -Naomi

Stepping back from our reliance on settler colonial food systems. Being more connected to the land and resources we already have and helping it thrive again. -Michaela

Food sovereignty means connecting with yourself and your ancestors. It means happiness. It means family. -Zeen

Food sovereignty is important to me because of the integrity of gathering food that is native to the land and my people. -Kyra

Food sovereignty means to me how I'm able to feel like my true self. -Ivan

The knowledge and access to grow, gather, fish, hunt our own foods. -No name

Timeline

FOODS FOR INDIGENOUS FUTURES



Community Partners

NCDIC, KLAMATH-TRINITY UNIFIED SCHOOL DISTRICT, PRIMAL WOLF, CIBA, CAL POLY HUMBOLDT, ELEVATE YOUTH CALIFORNIA, ITEPP, NOBLE FARMS, CAL POLY HUMBOLDT, TRINDAD RANCHERIA, TWO FEATHERS, INTERTRIBAL AGRICULTURAL COUNCIL, WIYOT FOOD BOXES, CITY OF EUREKA, HOOPA VALLEY TRIBE, BLUE LAKE RANCHERIA, BEAR RIVER RANCHERIA, YUOK TRIBE, POTAWOT COMMUNITY GARDEN, TOLOWA DEE-NI' NATION, ETC.





Future Plans

1. Movie screenings
2. Self-Defense/Wellness Workshops
3. Jam Making Class
4. Tuna Canning Workshop
5. Second Listening Session