

FOOD FOR INDIGENOUS FUTURES

THIRD YOUTH COUNCIL LISTENING SESSION



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QUOTES FROM YOUTH

“Strengthening the connection and knowledge in cultural practices gives the youth something to look forward to and something that brings interest to them and makes them feel more whole.

• -KARUK YOUTH, AGE 19

At our Listening Session:



YOUTH MADE THEIR OWN TEA BLENDS

The youth council made two different tea blends: immunity blend (elderberry and rose hips) and a nourishing tea blend (lemon balm, nettle, chamomile). They learned about the healing properties of the herbs and why blends work well together.



YOUTH MADE SALVES FOR THE WINTER

The youth council made two different salves: chest rub salve (pepperwood, mullein, sage, & peppermint essential oil) and dry skin nourishing salve (rosehip, calendula, yarrow). They learned why each ingredient was chosen and their healing properties.



YOUTH CREATED LABELS!

The youth council created labels for their salves and tea blends, learning about including important information for labeling and naming. They also were leading the design making process and will see their work on sticker labels on the items that will go out to community members.

Key Themes from Listening Session

A background photograph showing several people in a kitchen or food preparation area. In the foreground, a person is seen from the side, wearing a dark hoodie. In the background, other individuals are engaged in activities, with one person wearing a black t-shirt featuring a graphic of a person's face. The setting includes stainless steel countertops, various jars, and kitchen equipment. A sign on the wall in the upper left corner reads "SOVEREIGNTY LAB (BSS 168) AT CAL POLY HUMBOLDT" and "elevate".

**COLLECTIVE
STRENGTH & UNITY**

JOY

**PERSONAL GROWTH
THROUGH ACTION**

**HOPE & VISION FOR
THE FUTURE**

**MUTUAL SUPPORT &
ENCOURAGEMENT**

**CREATIVITY &
INNOVATION**

Why combine listening sessions & workshops

YOUTH FEEDBACK

I WOULD LIKE TO CONTINUE TO BUILD RELATIONSHIPS WITH THE OTHER YOUTH COUNSEL PARTICIPANTS AND CONTINUE TO LEARN ABOUT THE LOCAL NATIVE FOODS AND MEDICAL PLANTS.

I WANT TO BE A PART OF THE GATHERING AND PROCESSING.

I LOVE THE WORKSHOPS AND JUST FEELING LIKE IM MAKING SOMETHING WITH OTHER PEOPLE AND LEARNING NEW SKILLS.

I AM NOT VERY GOOD AT COOKING BUT FOOD SOV. LAB INSPIRES ME TO LEARN MORE BECAUSE IT IS APART OF MY CULTURE STILL AND IS FOR THE HEALTH OF THOSE WHO I WOULD WANT TO COOK FOR. I DO WANT TO LEARN FOR MY COMMUNITY.

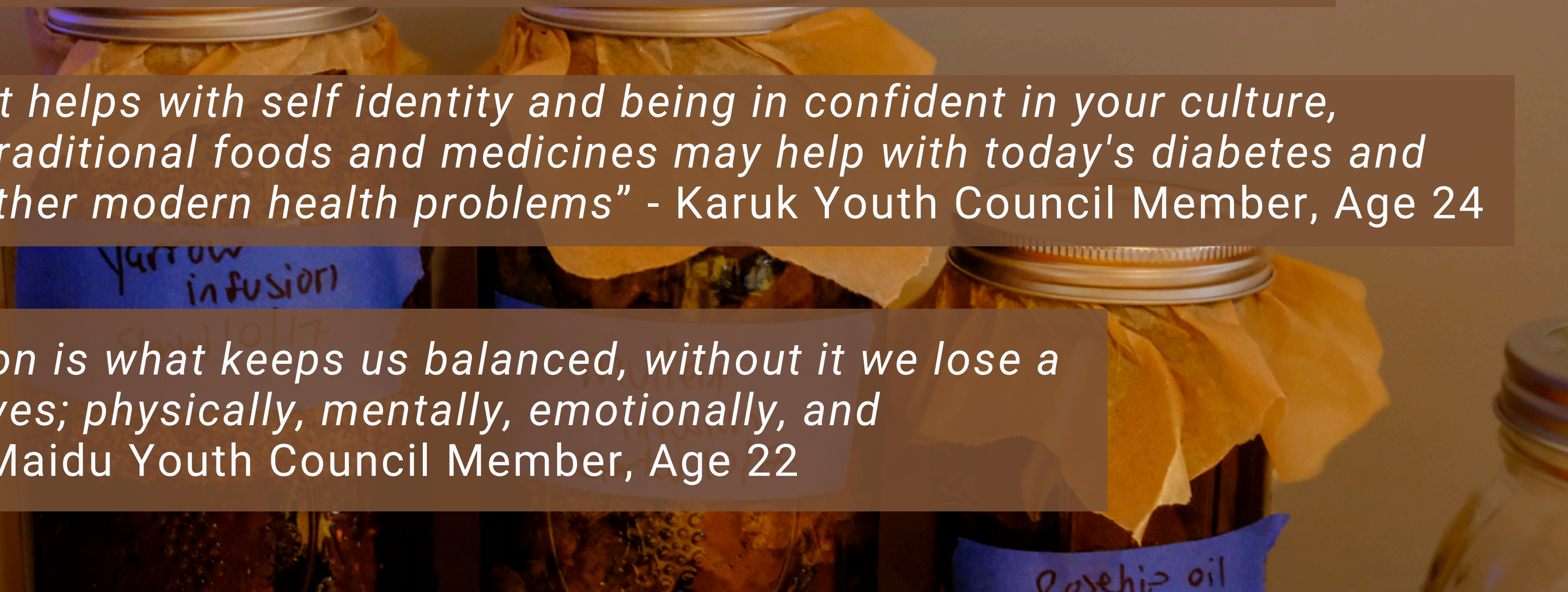
NATIVE YOUTH, ESPECIALLY IN SMALL RURAL COMMUNITITES, ARE OVERRESEARCHED. IT'S IMPORTANT TO CREATE SPACES IN WHICH THEY CAN FEEL SAFE AND RELAXED, ESPECIALLY WHEN WE ARE ASKING THEM TO SHARE THEIR PERSONAL EXPERIENCES. FOLLOWING OUR FIRST LISTENING SESSION, YOUTH FEEDBACK HIGHLIGHTED THE NEED FOR COLLABORATION WITH PEERS AND A CONNECTION TO FOOD AND CULTURE TO MAKE THE SPACE MORE MEANINGFUL AND PERSONAL. SINCE THIS CHANGE, YOUTH HAVE LOVED THIS APPROACH, FINDING IT NOT ONLY ENGAGING BUT ALSO EMPOWERING.

What are the potential impacts of being culturally connected to traditional foods and medicines?

“Being connected to traditional foods and medicines helps the accessibility and familiarity to our areas. It goes with stories and language and improving healthy lifestyles” - Karuk Youth Council Member, Age 19

“It helps with self identity and being in confident in your culture, Traditional foods and medicines may help with today's diabetes and other modern health problems” - Karuk Youth Council Member, Age 24

“Our connection is what keeps us balanced, without it we lose a part of ourselves; physically, mentally, emotionally, and spiritually.” - Maidu Youth Council Member, Age 22



The background image shows a group of Native youth in a kitchen or food preparation area. They are wearing aprons and are engaged in various tasks like stirring pots and handling ingredients. The scene is brightly lit, and the atmosphere appears to be one of active participation and learning.


How does strengthening the connection & knowledge in cultural practices play a role in preventing or reducing substance use among Native youth?

“Knowing there are other ways to help yourself with the pain rather than drowning it out with alcohol and the such”. - Yurok Youth Council Member, Age 18

“Greatly. Those connected to people/family/community will ultimately have someone to go to when they are in trouble. Children and adults all need a community to go to” - K’iche Youth Council Member, Age 23

“It's something better and a more healthy distraction and distance to western problems” - Yurok/Bear River Youth Council member, Age 18

“you have to be in a good space to do these type of things, so consistency of learning and practicing makes it more likely to do less substances” - Hupa Youth Council Member, Age 19


The background image shows a kitchen environment with several people. On the left, a person wearing a blue face mask is visible. In the center and right, other individuals are working, some wearing aprons. Shelves with various kitchen items and a stove are also visible.

How do you think participating in cultural activities can help improve mental health and emotional wellbeing in Native communities?

“Physically, the plants emit chemicals that help stabilize moods, reduce depression, and help with focus. Connecting with the land spiritually, ensuring to give ourselves the space to heal, change, or maintain our current mental and emotional well-being.” - Maidu Youth Council Member, Age 22

It is an important aspect of your life you need to be involved with. For me it has helped better me in many ways, it has brought much clarity and pride” - Yurok Youth Council Member, Age 19


*“Taking care of yourself is taking care of your people and your community. These activities put me in the right mindset to take care my mindset of myself so I can work with a better mind for my people”
- Karuk Youth Council Member, Age 19*

The background of the entire image is a close-up photograph of several woven baskets. One basket in the foreground is filled with dark, round berries, possibly blackberries. Another basket to the right has a purple woven rim. The baskets are made of natural fibers and are set against a backdrop of green foliage and tree trunks.

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

“I think what would be the most helpful is getting tools to go home with to try on our own. Or being shown how people would make these at home instead of with industrial supplies.” - K’iche Youth Council Member, Age 23

“Accessibility to food sovereignty lab could help council and others learn to facilitate or plan for food sovereignty knowledge sharing within the community...I understand there is an internship but perhaps something for just one event or a series of workshops to show us how to facilitate our own workshop...the prep work” - Maidu Youth Council Member, Age 22



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

“My path of wellness is led by the land, our traditional foods and medicines help to keep our teachings of a reciprocal relationship alive” - Maidu Youth Council Member, Age 22

Having agency over your food is very important, knowing how to gather and cultivate for you and your family. Food sovereignty is an important step to independence.” -Yurok Youth Council Member, Age 18

I am not very good at cooking but food sov. lab inspires me to learn more because it is apart of my culture still and is for the health of those who I would want to cook for. I do want to learn for my community. “ - Karuk Youth Council Member, Age 24

Guiding Steps for Program Improvement

1. Communication & Outreach

- a. Ensuring personalized preferences for communication for efficiency in reminders & alerts for potential participatory events outside of the Listening Sessions

2. Increase Visibility of Community Opportunities

- a. Ensuring communication of opportunities/events where the Youth Council has the option to attend different events with the greater on-campus and off-campus community.

3. Harvest & Processing

- a. Allow youth the opportunities to see the behind the scenes of how the Listening Sessions and Workshops come to be. Inviting youth to the gathering of materials.

Timeline

FOODS FOR INDIGENOUS FUTURES

FALL 2024

- Youth Council Talking Circle
- Third Youth Listening session

WINTER 2024

- Expert Panel with Lonnie Anderson
- Movie Screening: Rezball

SPRING 2025

- Nettle Workshops
- Kelp workshop
- Food futures 9-12 Curriculum

SUMMER 2025

- Kelp Workshop
- Youth Publications
- Youth Campaign

FALL 2025

- Final Youth Listening Session
- Program Evaluations



Our Staff



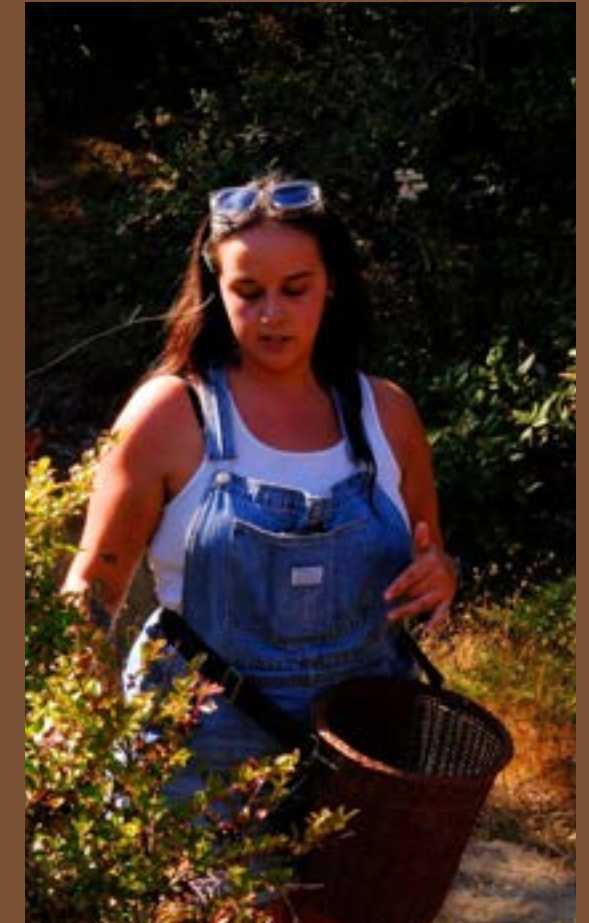
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Community Partners

NCDIC, KLAMATH-TRINITY UNIFIED SCHOOL DISTRICT, CAL POLY HUMBOLDT, ELEVATE YOUTH CALIFORNIA, ITEPP, NOBLE BERRY FARM, TRINIDAD RANCHERIA, TWO FEATHERS NATIVE AMERICAN FAMILY SERVICES, INTERTRIBAL AGRICULTURAL COUNCIL, WIYOT FOOD BOXES PROJECT, CITY OF EUREKA, HOOPA VALLEY TRIBE, BLUE LAKE RANCHERIA, BEAR RIVER RANCHERIA, YUROK TRIBE, POTAWOT COMMUNITY GARDEN, TOLOWA DEE-NI' NATION, PIKYAV FIELD INSTITUTE, KARUK TRIBE, WIYOT TRIBE, CITY OF ARCATA, CPH NATIVE AMERICAN STUDIES DEPARTMENT, TISHANIIK TRIBAL FARM, NUTRITIOUS SCHOOL LUNCH INITIATIVE, COLLEGE OF THE REDWOODS, BLACK HUMBOLDT, CENTRO DEL PUEBLO.

Moving Forward

- FOOD FUTURES 9-12 CURRICULUM REVIEW & PUBLICATION
 - TO BE INCLUDED IN THE NATIVE AMERICAN STUDIES MODEL CURRICULUM FOR THE STATE OF CALIFORNIA
- YOUTH COUNCIL PUBLICATION ON TRIBAL FOOD SOVEREIGNTY AND SUBSTANCE USE PREVENTION THROUGH THE *ROU DALAGURR FOOD FUTURES MAGAZINE*
- YOUTH COUNCIL PRESENTATION ON TRIBAL FOOD SOVEREIGNTY AND SUBSTANCE USE PREVENTION
- SPRING 2025 NETTLE WORKSHOPS
- SPRING & SUMMER 2025 KELP WORKSHOPS
- FALL 2025 YOUTH LISTENING SESSION