

Indigenous food: A toolkit

The @Work Toolkit is a collection of additional resources and tips that might be useful when discussing the topic with your team.

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Definitions

Food sovereignty: the right and ability of tribal nations and peoples to freely develop and implement self-determined definitions of food sovereignty; cultivate, access, and secure nutritious, culturally essential food produced through ecologically sound and sustainable methods”; and design and maintain food systems and enact policies that advance tribal priorities for ensuring that tribal citizens have the sustenance they need to thrive

physically, mentally, socially, and culturally not just today, but for the generations to come.

Cultural appropriation: the act of taking or using things from a culture that is not your own, especially without showing that you understand or respect this culture.

Sources: [National Congress of American Indians](#); Cambridge Dictionary

Did You Know

“According to the American Indian Health and Diet Project, ‘the Americas have provided the world with at least half of the foods we know today.’ Some fall favorites among those on the list include: Vegetables like squash, pumpkin, kale and corn. Heritage grains like amaranth, quinoa and wild rice. Nuts and seeds like chia seeds, sunflower seeds, pine nuts and acorns. Natural sweeteners like maple syrup.”

Source: Colorado State University — Kendall Reagan Nutrition Center

How to talk about cultural preservation

This week’s stories are about how Native American groups continue to preserve food traditions. As you read these stories consider how food is related to cultural history. A single recipe can be passed down across generations. And, more often than not, our culinary traditions are rooted in broader histories of immigration, economics, and exchange. Consider a single, treasured food pastime in your family. Investigate its history, if you don’t already know it. Make connections between the food and the story of your family.

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