



# Settler Colonialism & Indigenous Foods

- Deliberate and unintentional destruction of Indigenous food systems
- Land dispossession via removal, allotment, relocation
- Imposition of Western agriculture
- Interfering with the transfer of food-related knowledge
- Environmental change
  - Damming
  - Flooding
  - Industrial contamination
  - Climate change

*“As the availability of foods declined, so too have the stories, languages, cultural practices, interpersonal relationships, and outdoor activities implicated in those food systems.”* Elizabeth Hoover and Devon A. Mihesuah

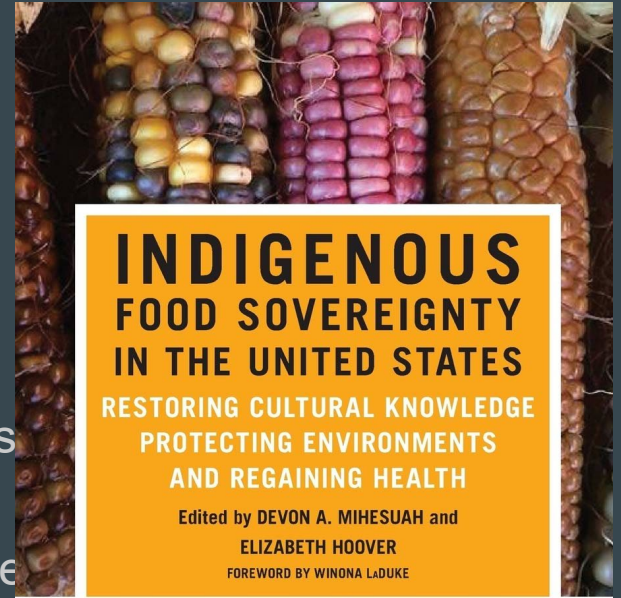
# What Is Food Sovereignty?

- First defined in 1996 by La Via Campesina, an international group of peasant and small-scale farmers who sought to articulate a common response to neoliberalism and the dominant market economy and to defend their rights to lands and seeds
- At the 2007 Forum for Food Sovereignty, 80 countries adopted the Declaration of Nyéléni, which includes the following definition:

“Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems.”

# What Is Indigenous Food Sovereignty?

- Refers to a reconnection to land-based food and political systems and seeks to uphold sacred responsibilities to nurture relationships with our land, culture, spirituality, and future generations
- “Explicitly connects the health of food with the health of the land and identifies a history of social injustice as having radically reduced indigenous food sovereignty in colonized nations” (Karliah Rae Rudolph & Stéphane McLachlan)
- Framework for exploring the right conditions for “reclaiming the social, political, and personal health we once experienced prior to colonization” (Dawn Morrison, Secwepemc)



“The concept of Indigenous food sovereignty not focused on only rights to land, food, and the ability to control a production system, but also responsibilities and culturally, ecologically, and spiritually appropriate relationships with elements of those systems.”

- Elizabeth Hoover & Devon A. Mihesuah

# Four Principles of Indigenous Food Sovereignty

1. The recognition that the right to food is *sacred* and food sovereignty is achieved by upholding sacred responsibilities to nurture relationships with the land, plants, and animals that provide food
2. Day-to-day *participation* in Indigenous food-related action at all levels, including individual, family, community, and region
3. *Self-determination*, or the ability of communities and families to respond to their needs for culturally relevant foods and to have the freedom to make decisions over the amount and quality of food they hunt, fish, gather, grow, and eat
4. *Legislation and policy support* to reconcile Indigenous food and cultural values with colonialist laws, policies, and mainstream economic activities