Native Farm to School
A Project of First Nations Development Institute

FOOD SOVEREIGNTY EDUCATION CURRICULUM
OUR MISSION

First Nations Development Institute invests in and creates innovative institutions and models that strengthen asset control and support economic development for American Indian people and their communities.
Webinar Format

All attendees will be muted throughout this webinar.

If you have questions, please enter them in the Question box.

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INTRODUCTIONS

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Q1: Do you have a food sovereignty curriculum for your community?
Q2: Are you interested in developing your own food sovereignty curriculum?
HAU MITAKUYAPI (INTRO)
WHAT IS A FOOD SOVEREIGNTY CURRICULUM?
WHAT IS THE LAKOTA FOOD SOVEREIGNTY CURRICULUM?
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PART ONE: FOOD SOVEREIGNTY

OBJECTIVES:
By the time you have finished Part One, you will be able to:
• Define “food sovereignty”
• Explain why food sovereignty is important to the Oglala
• List ways that people can work toward food sovereignty

VOCABULARY
Sovereignty
Government
Traditional
Chemicals
Fertilize
Nutrition
Preservatives

FOOD SOVEREIGNTY
Food sovereignty is an important topic for the Oglala Oyate. But some people do not know what it is Food sovereignty --
• Is defined by people in their home
• Those people control where their food comes from
• Those people get the benefits from the food they grow
• The food fits with the local culture
• The food is safe and healthy, and everyone has enough
• The food can be grown without hurting the water or earth

Food sovereignty is a basic right of all people. If people don’t control where their food comes from, they can have lots of problems.

WHY IS FOOD SOVEREIGNTY IMPORTANT?
When people don’t control their food, they

How could we work toward food sovereignty?

You will be learning how to work toward food sovereignty in more detail as you study. But here are a few ideas about how we can be more food sovereign:

- Grow more food locally and without the use of chemicals, including traditional foods
- Handle the food we raise so that it is full of nutrition and safe to eat
- Process more food locally and use less salt, sugar, and preservatives
- Learn to preserve food for family and local use
- Make sure everyone has enough healthy food for their entire family

For more information:


Worksheet

Part One: Food Sovereignty

Mark each thing that is part of food sovereignty with an “X”.

- Growing food near where it is eaten
- Using chemicals to kill bugs on crops
- Eating traditional foods
- The people who eat the food control where it comes from
- Buying food from a gas station store
- Getting food from the government
- People get healthy food

What are three things we can do to get food sovereignty on the Pine Ridge Reservation?

Activity

Create a Vision Board Illustrating What Food Sovereignty Means to You

What is a vision board?

A vision board is a tool that is used to remind yourself of the meaning of something special, goal setting, dream vacations, but in this case, we will use it to illustrate what food sovereignty means to you and how it will look.

Materials Needed:
- Scissors
- Glue
- Markers/Pens
- Poster Board
- Old Magazines and Pictures

Directions: Start by brainstorming what food sovereignty means to you and your family, or what food sovereignty will look like in your home. What are some of the actions you and your family can do to achieve food sovereignty? What are some of the traditional foods that you can eat, freeze, or preserve? Will your vision board include a garden? Feel free to refer to the reading to help you better understand.

Once you have an idea of that food sovereignty means to you and your family, start by looking for pictures and words that will help you better visualize what you have brainstormed. Then you can cut and paste these ideas onto your vision board. Feel free to be creative and use words to create phrases or word, these vision boards are to help you understand what food sovereignty means to you.

PART 2: HISTORY OF OGLALA FOODS

OBJECTIVES:
By the time you have finished Part Two, you will be able to:
• Describe the food that Oglalas ate before Europeans arrived
• Explain what people ate when they moved to reservations
• Tell how the Oglala lost food sovereignty

VOCABULARY
Great Plains
Ceremonies
Relationship
Raspberries
Tispipla (Wild Turnips)
Canka (Chokecherries)
Chemical preservatives
European Exchange
Commodities

FOODS IN THE EARLY 1800s
Until the mid-1800s, the Oglala diet centered around Pte Oyate, the Buffalo People. Millions of buffalo lived on the Great Plains. These were strict rules about hunting them. These rules made sure that everyone got enough food. They made sure that there were enough buffalo for the future. Every part of the animal was used. The meat was dried and stored for the winter and ceremonies. The Oglalas had a deep relationship to the buffalo that is still present.

People also used plants in many ways. Some plants were used to make tea or for ceremonies, such as sage, rose hips, red clover, mint, and cedar. People ate roots, berries, and other parts of plants. This included tispipla (wild turnips), cactus berries, canka (chokecherries), and raspberries. Most of these plants still grow on the Pine Ridge Reservation or in the Black Hills. Some people still gather them and use them.

People saved food for the future by drying it or by storing it below the ground. For example, they dried buffalo meat and berries. This worked well, as it is dry in this area. They also dug holes and put food below the ground, where it is cool. This preserves some foods. People could hide food below ground and then come back to get it later. People did not use any of the chemical preservatives that are in food today.

This was a healthy, local diet. It was nutritious. It was produced by the Oglala for the Oglalas. People dried and stored their own food. People shared food and were seldom hungry. They got everything they needed from the earth. During this time, Lakota people had food sovereignty.

FOODS AS A WEAPON
This changed when Europeans arrived in Lakota lands. Europeans brought new foods like sugar, wheat, and coffee. They brought new meat, like calf and lamb. The Oglala diet began to change.

The United States used food as a weapon against the Oglalas. The United States wanted Lakota land, but the Lakota fought to keep their land. So, the United States had a plan to make the Lakota give up. Leaders of the U.S. decided to kill off the buffalo to starve the Lakota. The U.S. thought that this would make the Lakota move onto reservations, sell the Black Hills, and give up their other land. This was called the “sell or Starve” policy.

Lakota people had a harder time finding enough to eat. The “sell or Starve” policy worked. The Oglala moved to the Pine Ridge Reservation, and the U.S. stole the rest of their land.

FOODS ON THE RESERVATION
People thought there would be food on the reservations, because the U.S. signed a treaty saying they would give food to the Lakota. Once people got to the reservation, there were problems. First, the U.S. opened the Oglala to become farmers. But the land on the reservation was not good for farming. Second, there was not enough food for everyone. A lot of people were hungry. Third, the food the U.S. gave the people was not healthy. It was too high in fat and salt and too low in nutrition.

Men did continue to hunt the animals that were on or near the reservation when they could. Women gathered some plant foods. A few people began to raise cattle. But people mainly ate government food. Elders talked about the U.S. food. They said that each person got beef, flour, and other basic foods. But the cattle were skinny and did not provide much meat.

The elders said that people had never seen food that was like this. There was no one to teach them how to use it. So women often threw it away and said the food came to make clothes. After awhile, they learned to make food bread, and this is how fried bread became popular. But when fried bread is made with white flour, it has little nutrition and a lot of fat. So it was, and it was not healthy.

The U.S. also gave people sweet foods. The elders knew this was not healthy. But there were no buffalo to hunt, and people had to eat what the U.S. gave them. They were often hungry. They got sick from lack of food. This is still a problem today.

As a result of U.S. policy, the Oglala lost food sovereignty. For over a hundred years, the Oglalas have had little control over their food. The federal government supplies commodities. It is easier for people to take commodities than to gather traditional foods. There is often not enough food. And it is not healthy food. People get too much salt, fat, and sugar. They do not get enough fresh fruits, vegetables, and other healthy food.

These are the problems that this information will help you solve.

FOR MORE INFORMATION:


FOOD SOVEREIGNTY CURRICULUM
PART THREE: THUNDER VALLEY FOODS TODAY

OBJECTIVES:
By the time you have finished Part Three, you will be able to:

• Explain where people in Thunder Valley get their food
• Describe why this is not good for food sovereignty
• List things that people do that help food sovereignty

WHERE PEOPLE GET THEIR FOOD

Today, our area is called a “food desert.” That means there is not enough food, enough affordable food, or enough healthy food for people who live here.

Thunder Valley Community Development Corporation did a study in 2014 to find out more about this. The study said that most people in Thunder Valley got most of their food from three places:

• Grocery store on the reservation
• Convenience store on the reservation (like Common Cents)
• Grocery store off the reservation

This is a problem for food sovereignty for two reasons. First, this food comes from off the reservation, which means that reservation businesses and people do not make money. This food is grown and processed far away. Second, a large amount of food is bought in convenience stores. Convenience store food

VOCABULARY
Food desert
Thunder Valley Community Development Corporation
Convenience Store
Processed
Charity
Researchers

PART FOUR: FOOD, HEALTH, AND WELLNESS

OBJECTIVES:
By the time you have finished Part Four, you will be able to:

• Explain how food is related to health
• Discuss ways to get exercise
• Tie healthy food to food sovereignty

VOCABULARY
Wellness
Obesity
Diabetes
Stroke
Dietitian
Organic

FOOD AND HEALTH

Poor eating habits can cause many problems. These include diabetes, some types of cancer, heart problems, obesity, infant death, and a shorter life. People who eat poorly also have lower quality of life. The lack of healthy foods on the Pine Ridge Reservation creates real problems.

As talked about earlier, there are good reasons that many people on the Pine Ridge Reservation have poor eating habits. We will talk about why this is important and what to do about it. Healthy people are an important part of food sovereignty.

Many people on the Pine Ridge Reservation have prediabetes or diabetes. This means the body does not absorb food properly to use it whole grains (like 100% whole wheat bread or brown rice), and low-fat dairy products.

Diabetes is also related to heart problems and strokes. High-fat foods hurt a person’s heart. These include beef, sausage, bacon, and hot dogs. Foods that are low in fat again include fruits and vegetables. Other healthy foods are nuts, fish, beans, and buffalo. Buffalo meat is lower in fat than beef.

People can improve their health by eating good foods. To do this, people who are overweight or have diabetes or heart problems should see a dietitian or health worker who can teach them how to eat the right amount of the right foods – and get healthier.

EXERCISE

Exercise is also important to health and wellness. It is important to people of all ages. Exercise helps people keep their weight down. This can help prevent diabetes and many other problems. Exercise helps people feel better mentally. It helps prevent heart problems and some kinds of cancer. And it makes things you do around the house easier, like carrying a bag of dog food or picking up toys.

Adults should be active at least 2-1/2 hours per week. Children should move at least 60 minutes every day. You don’t have to have fancy equipment or a lot of money to exercise. Here are some ideas:

• Walking – stay safely off the road, walk on sidewalks, use school tracks, or use the Thunder Valley CDC walking trail.
• Running – same as walking.
PART FIVE: BETTER HEALTH THROUGH NUTRITION

OBJECTIVES:
By the time you have finished Part Five, you will be able to:
- Describe the Healthy Plate nutrition method
- Know what foods are included in each section of the Healthy Plate
- Tell how the Healthy Plate method fits with traditional Oglala foods
- Explain healthy eating for infants

FOOD TYPES AND THE HEALTHY PLATE METHOD

There are five types of healthy foods, as you can see from the Healthy Plate picture. The Healthy Plate shows how much of each group of food a person should eat each day to be healthy. As the picture shows, half of the foods we eat each day should be fruits and vegetables.

- 1/2 cup cooked rice, noodles, or cereal
- 1 ounce of ready-to-eat cereal (avoid sugary cereals)

The best foods are whole grain, which means they include all of the grain. So “100% whole wheat bread” (not just “wheat” bread) is healthier than white bread. Brown rice is healthier than white rice or fried rice. Whole grain waffles are better than white flour waffles. And so forth. Read food labels and look for “whole grain.”

It is hard to find some of these healthy foods on the Reservation. They can be found in some stores in nearby towns. Shop around and look for “health” or “natural” foods. These are at some grocery stores and at natural food stores.

LESS HEALTHY FOODS

Here are some things that have a lot of sugar, fat, or salt. They should be avoided or only eaten in small amounts:
- Pop
- Other drinks that are not 100% fruit juice or that contain high fructose corn syrup (read the label or ask)
- Candy
- Frybread
- Chips
- Cookies, cakes, and pastries
- Deep-fried foods, like French fries, most fried chicken, and chicken strips

THE HEALTHY PLATE AND TRADITIONAL OGLALA FOODS

Traditional Oglala foods included a lot of meat, fish, fruits, and vegetables. People drank water and tea. These are all healthy foods. People ate many different foods, which is healthy. Food came directly from Unci Maka, Grandmother Earth. There were no chemicals on the food. The traditional Lakota way to eat was a healthy way to eat.

Before the 1800s, Lakota people did not drink cow’s milk. People got protein and calcium from other foods, such as buffalo meat, nuts, and birds’ eggs. They did not have sugar, so they ate berries and maple syrup that were naturally sweet. They did not have wheat. They ate whole grains and made flour from corn, wild buckwheat, amaranth (pigweed), and tinospora. Many of these foods are still on the reservation or in the Black Hills.

NUTRITION FOR PREGNANT WOMEN

Pregnant women have special food needs. Women should eat healthy foods before they become pregnant. These include dark green leafy vegetables (like spinach), dry beans, meats, oily fish (such as salmon), iron-fortified cereals, and citrus fruits (oranges, grapefruit). They need to see a health care person as soon as they know they are pregnant and ask for food information.

Pregnant women need to eat varied foods and to follow the Healthy Plate method. This means a lot of fruits, vegetables, low-fat dairy, lean meat and other protein, and fish. They should drink plenty of water and avoid alcohol, raw milk, and uncooked egg. Do not take any drugs—even drugs you eat from a
PART SIX: HEALTHY FOOD PREPARATION

OBJECTIVES:
By the time you have finished Part Six, you will be able to:

• Write a grocery list for a healthy diet
• Explain how to handle food so that people don’t get sick

VOCABULARY
Contaminated
Parasites
Virus
Bacteria
Food poisoning
Food thermometer

GROCERY SHOPPING
Preparing healthy food for your family begins with grocery shopping. Planning

• Fresh or canned tomatoes (get low-salt, if canned)
• Mustard, ketchup, fresh or canned peppers for flavorings – and add other spices
• Fresh, frozen, dried, or canned fruits (if canned, get low-sugar and avoid high fructose corn syrup)
• Fresh, frozen, or canned vegetables (get low-salt, if canned)
• Skim or low-fat milk and yogurt (get low-sugar or plain yogurt)
• Low-fat cheese or string cheese
• Unsalted nuts and seeds
• 100% fruit juice

Organic fruits and vegetables are hard to find in stores on the reservation. Often, you can grow these important foods yourself (see
PART SEVEN: MODERN OPTIONS FOR LOCAL AND TRADITIONAL FOODS

OBJECTIVES:
By the time you have finished Part Seven, you will be able to:

• Describe some of the local traditional foods that are available.
• Explain some ways to support food sovereignty in the community.

VOCABULARY
There are many plant names in this section.
Bounty
Ceremonies
Farmer’s Market

GATHERING TRADITIONAL FOODS
Many foods that people ate before the late 1800s are still here today. As talked about plants of a certain kind or pull plants up by their roots, there will be no plants to eat in the future.

Hunting, fishing, and gathering are traditional Lakota activities. They help food sovereignty. The food fits our culture and is grown and processed locally. Food is harvested by Oglala for Oglala. The food is grown without chemicals. It is healthy. For these reasons, it is good to learn how to harvest local foods.

PLANT FOODS
You will probably recognize some traditional plant foods. For example, most of the Wihuta Hu (Cattail) can be eaten. The pollen can be added to flour to make it more nutritious. The young shoots can be eaten raw or cooked. The roots can be dried and ground into flour. Wihuta Hu can be found in wet areas.

• Kanta (Plums)
• Wazusteca (Strawberries)
• Carwiyapeha Iyuwi (Grapes)
• Unkeda Bdaska (Cactus berries)
• Aunyeyapi Tahpiyogin (Sandcherry)
Other traditional foods in the area are:
• Unzinintka Hu (Rose hips)
• Tokada Tapezuta Hu Bdoka (Clover)
• Pezutapepe (Yucca)
• Wape Soka (Purslane)
• Wihuta Hu Iyececa (Plantain or White Man’s Foot)
PART EIGHT: GROWING HEALTHY FOODS

OBJECTIVES:
By the time you have finished Part Eight, you will be able to:

- Explain the basics of growing an organic vegetable garden.
- Understand some of the problems that gardeners in our area face and how to solve them.

VOCABULARY
Cooperative Extension Service
Tiller
Mulch
Tomato cage
Diatomaceous earth
Investment
Harvesting

This section assumes that you want to garden without using chemicals—organic gardening. This is easy to do. But you have to be committed to your garden. You cannot just plant seeds and hope for the best. A healthy garden needs care.

CHOOSING A GARDEN SPACE

When you choose a garden space, pick a spot that is mostly flat and not at the top of a hill. You will need a place that is close to the house or a well, so you can water. Pick a place that gets plenty of sun. If possible, pick a place that is a bit out of the wind.

Start with a small garden—about 15 or 20 feet by 10 feet. It is best to dig up your garden the Fall before you want to plant. For a small garden, you can do this with a shovel, if you are in good physical shape. For anything larger, it is much easier to use a tiller. Several groups on the reservation can till your garden for you.

ACTIVITY

Designing Your Dream Garden

Now that you have an idea of how a garden works and what kinds of factors go into a successful garden, let’s design your own garden! Remember that some plants will need space to grow outwards and others will grow straight up into the air. Also, another factor to remember in designing a garden will be the size and location. You don’t want something that is too small or too big. Be creative with this activity. Use old magazines and newspapers.

Materials:
- Poster Board
- Construction paper
- Markers/pencils/pens
- Scissors
- Glue
- Old Magazines

Directions:
First thing you will need to do is figure out how big your garden will be. You will want something that will be manageable for you and your family. A reasonable size garden for example can sometimes be 15ftx30ft which will give you 450ft². You will also need to think about what kind of fence you will want and how much. You can start by sketching out where you will have your garden boundaries and the location of vegetables such as your corn, tomatoes, cucumbers, squash, etc.
IMPORTANCE OF SHARING KNOWLEDGE AND TELLING OUR OWN STORY.
Canpa Pusyapi (Chokecherry Patty)

**Ingredients:**
Chokecherries

**Instructions:**
- Pound chokecherries until the pits are well pulverized and the pits are in small pieces.
- Shape into flat round patties, about a quarter of an inch thick.
- Lay the patties on cloth bag, tea towel, or pillow case and place in a well ventilated, sunny area.
- Flip the patties several times a day, for about 3 or 4 days or until they are completely dry.
REGENERATING INDIGENOUS KNOWLEDGE INTO SCHOOLS
Q3: Is it important to create curriculums from our own voice and perspectives?
RESOURCES

Thunder Valley CDC: Food Sovereignty Curriculum

Historic Texts on Food Sovereignty:

Buffalo Bird Woman’s Garden, Gilbert Wilson, 1987

Indigenous Food Sovereignty in the United States, Elizabeth Hoover, 2019
QUESTIONS AND ANSWERS
PLEASE SUBMIT YOUR QUESTIONS IN THE Q&A BOX
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The recorded webinar can be accessed on our website under the First Nations Knowledge Center at
https://www.firstnations.org/fnk
NEXT WEBINAR

Title: Red Cloud Farm to School Education and Production Farm

Presenter: Nick Hernandez

Date: Thursday, December 15th at 12 pm MST

Where to Register:
https://us02web.zoom.us/webinar/register/WN_EyZ1rby4Q2Gr9TbLw1fFw

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THANK YOU!