

A vertical decorative bar on the left side of the page, composed of a mosaic of small, colorful dots in shades of purple, yellow, green, and white, forming abstract shapes.

Foundations of an Indigenous Food System Model

Source: North American Traditional Indigenous Food Systems: The Sioux Chef

Year: 2017

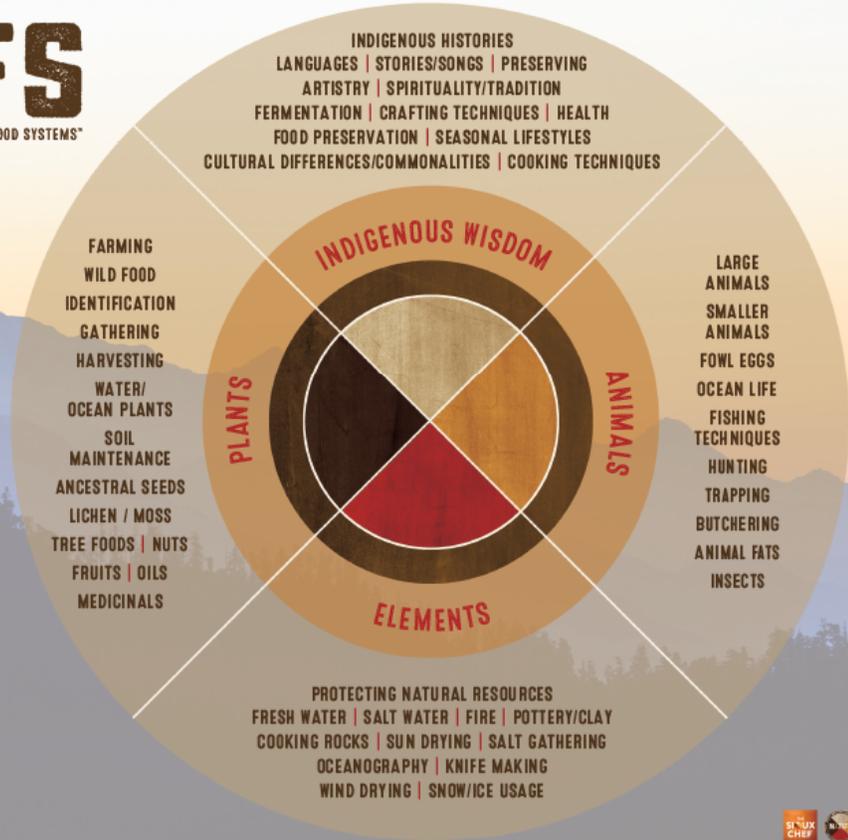
This diagram shows the foundations of an Indigenous food system model, from North American Traditional Indigenous Food Systems (NāTIFS), an organization founded by the Sioux Chef, Sean Sherman. NāTIFS is "dedicated to addressing the economic and health crises affecting Native communities by re-establishing Native foodways." Read more about their work here (<https://www.natifs.org/faq/>).

FOUNDATIONS OF AN INDIGENOUS FOOD SYSTEM MODEL

NĀTIFS
NORTH AMERICAN TRADITIONAL INDIGENOUS FOOD SYSTEMS™

UNDERSTANDING THE FOUNDATIONS OF INDIGENOUS FOODS SYSTEMS:

- 1
REMOVAL OF COLONIZED THOUGHT
- 2
RECONNECT SPIRITUALLY, MENTALLY, PHYSICALLY WITH THE NATURAL WORLD
- 3
UNDERSTAND AND BUILD INDIGENOUS FOUNDATIONS
- 4
REGAIN, RETAIN, SHARE, PRACTICE KNOWLEDGE



(<https://www.natifs.org/resources/>)

Source: <https://www.natifs.org/resources/> (<https://www.natifs.o...>)

Tagged: Indigenous ways of knowing (</resources-1?tag=Indigenous+ways+of+knowing>), Indigenous foodways (</resources-1?tag=Indigenous+foodways>), food guide (</resources-1?tag=food+guide>), traditional/country foods (</resources-1?tag=traditional%2Fcountry+foods>), food sovereignty (</resources-1?tag=food+sovereignty>), community wellbeing (</resources-1?tag=community+wellbeing>), digital resource bundle (</resources-1?tag=digital+resource+bundle>)

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