

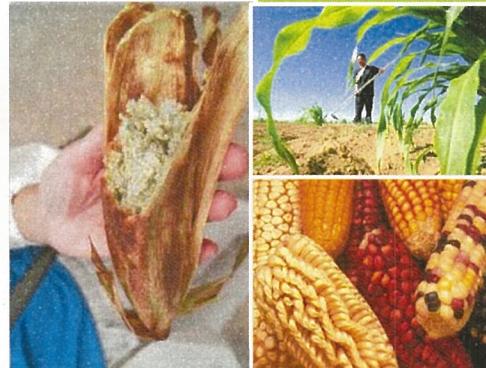
Diné Traditional Knowledge on Food:

- People have connection to food!
- Origin of Diné existence!
- Ké! System: relationship and responsibility to all plants and animals!
- Navajo Fundamental Laws and Natural Laws!
- Spiritual Wellness tied to food!
- Diné Lifeway: values and lessons related to food!

Important Contributions for Food System Recommendations!

Recommendations are focused on revitalizing traditional food and traditional food knowledge through the establishment of a self-sufficient food system and to increase access to healthy foods for the Diné People.!!

- Restoration of Hozho!
- Sovereignty!
- Ké!
- Rebuilding capacity of Navajo growers, livestock owners, land food gatherers!



IMPLICATIONS, STRATEGIES, and RECOMMENDATIONS (cont.)!

- Economic capacity (profit) cannot be the only focus of food system work!
- Consideration of environmental sustainability and ecological conservation!
- Working within the context of your environment, indigenous foods!
- Include community-based knowledge in formal programming and policy solutions!

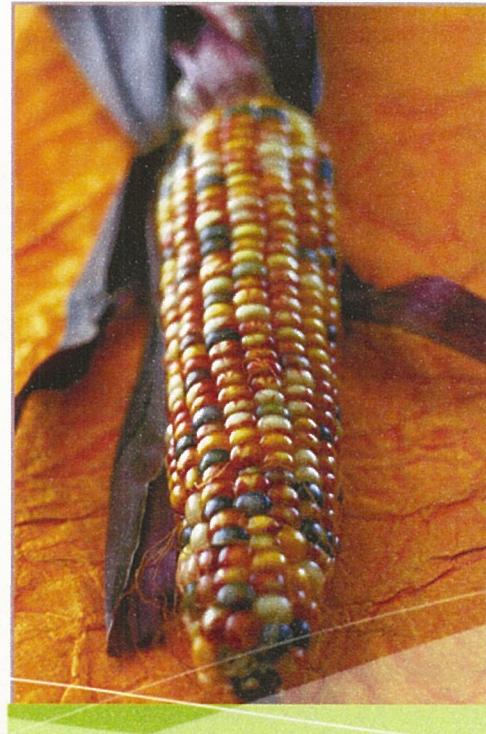
For more information, see Diné Policy Institute's full Food Sovereignty report at:

<http://www.dinecollege.edu/institutes/DPI/policy.php>

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Diné Food! Sovereignty!

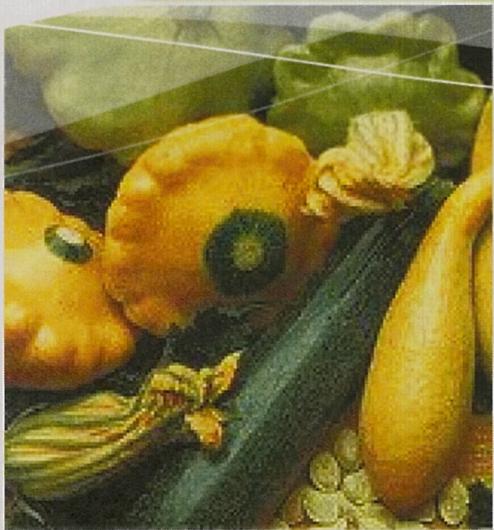


Diné Policy Institute!



A!report!on!the!Navajo!Nation!Food!System!and! Case!to!Rebuild!a!Self!Sufficient!Food!System!

Since 2011, Diné Policy Institute has researched the Navajo Nation Food System through primary research, meetings with knowledge holders, community based data collection, and literature and historical review under the Diné Food Sovereignty Initiative. The purpose of this research is to better understand the system issues that have shaped the current Diné Food System and its negative health, community, economic, cultural, and environmental impacts. Also to contribute knowledge and pathways that will foster greater sufficiency, health, and sustainability for Diné people.



The!Food!Sovereignty! Initiative!

Study Area: Tsáile/Wheatfields, Round Rock, Lukachukai, Many Farms, and Chinle (Demonstration Project).

The objectives of the study: To create a Farmers' Market in Tsáile, provide public education and outreach on food system issues and agriculture revitalization, and provide policy recommendations.

Research Activities:

- Consumer Interviews and Surveys and Grower Interviews and Surveys
- Diné Traditional Knowledge related to Food, Changes in Diet, GMOs, and Lifestyle Articulated
- Existing Data from Local Governments and Programs compiled
- Case Studies for best practices on efforts to revitalize agriculture



Overview of Findings!

Health, Economy, and State of the Navajo Nation Food Systems Today:

- Health Crisis: Diabetes, Obesity, etc.
- Food Desert!!
- Food Availability of Lack of fresh and healthy foods!
- Navajo money spent off nation!!

Conclusions from Consumer Interviews and Surveys showed there is a lack of access to fresh foods, dependence on food assistance programs, decline of traditional food knowledge, and participants are interested in local food options and learning about revitalizing Traditional Diné Foods.

Growers Interviews and Surveys identified two themes:

- Why People Grow: Food security, healthy lifestyle, connection to identity, culture, and family!
- Challenges and Barriers to Growing: Water and Climate, Land Use/Animals, Modern Lifestyle Shift!