

Diné! Traditional! Knowledge! on! Food!

- People! have! connection! of! food!
Origin! of! Diné! exist! ence!
- Ké! System!: relationship! and!
responsibility! to! all! plant! 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! re-
establishment! of! 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, investors! and! 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 reviews under the Diné Food Sovereignty Initiative. The purpose of this research is to better understand the systemic 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: Tsaié/Wheatfields, Round Rock, Lukachukai, Many Farms, and Chinle (Demonstration Project).

The objectives of the study: To create a Farmers' Market in Tsaié, 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 Government 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 Interview and Surveys showed there is lack of access to fresh foods, dependence on food assistance programs, decline of traditional food knowledge, and participant's interest in local food options and learning about revitalizing Traditional Diné Foods.

Grower 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!