

Video and Activity 3: “Tribal Food Systems and Food Programs”

Watch “Tribal Food Systems and Food Programs”

Activity: Group Discussion

Lead the group in a 10-minute group discussion on the following prompts:

1. What kind of sustainable farming or gardening are realistic to pursue in your communities?
2. What community food projects increase access to Traditional foods and food education?
3. Traditional cultivated foods or foods foraged through hunting, fishing, and gathering offer healthy diet alternatives for indigenous people. Climate change is affecting the length of growing seasons and the types and varieties of crops that can be produced. How can Tribes promote the production and use of Traditional foods while adapting to these climate-caused changes?

Optional: Share these answers on the Facilitator’s Google doc under Discussion questions.