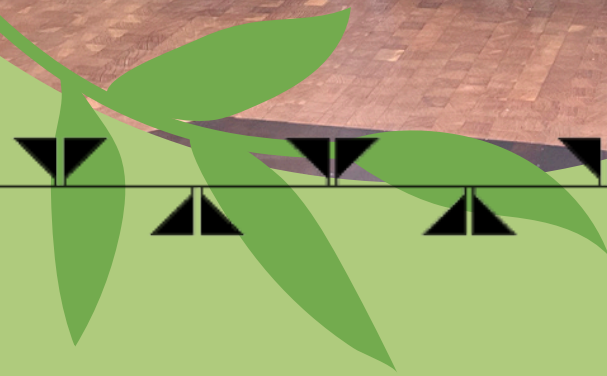


Food For Indigenous Futures

End of the Year Report 2023



YOUTH CALIFORNIA

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Food For Indigenous Futures

ABOUT FIF

The Food for Indigenous Futures project seeks to build a community and youth-informed curriculum to connect with cultural practices in health, wellness, traditional ecological knowledge, and food sovereignty. The program includes youth summer camps (online and in-person) and school-based curriculum for Native American High School students alongside opportunities for Native American youth to create and implement programs and projects for Indigenous futures. Funded by the Elevate Youth Grant through the Sierra Health Fund. Since its inception in February of this year, the Food for Indigenous Futures project has facilitated and collaborated on many community events, including NCIDC Stick Game Summer Camp, Wiyot Day, Healthy School Food In Hoopa Elementary and High School, Karuk Youth Visit, Graton Rancheria Youth Visit, Mouralherwaqh Community Day, Mouralherwaqh NAS 333 Class Visit, Klamath-Trinity Eighth Grade Visit, Big Time, and the Trinidad Health Fair.

Food for Indigenous Futures has put together a Youth Council which is an opportunity for both youth and facilitators of the lab to collaborate. This is a space in which youth can develop leadership skills, have a platform for their voices to be heard, and advocate for positive change. Our first event is set to take place on September 23rd, 2023.



SCAN TO SEE
FIF PROGRAM
HANDBOOK



<https://www.canva.com/design/DAFmat7toHg/as3hN2qmxJMIZQh5aHqyGw/edit>

MEET THE TEAM



**DR. CUTCHA
RISLING- BALDY**

Associate Professor of Native American Studies at Cal Poly Humboldt. She is the Co-Director of the NAS Food Sovereignty Lab & Traditional Ecological Knowledges Institute and Co-Investigator on an NSF INCLUDES Planning Grant for inclusive STEM pedagogy for Native American Students at Cal Poly Humboldt. She is Hupa, Karuk, and Yurok and enrolled in the Hoopa Valley Tribe.



Marlene' is a Payómkawichum, Kumeyaay, Kupa, queer native woman and a traditional land and stewardship caretaker, gatherer, weaver, cultural fire specialist, photographer, plant medicines specialist, traditional foods specialist, artist, traditional land manager and master food preserver. She is the FSL program coordinator and coordinator of the FIF project. She is also faculty for the Native American Studies Department at Cal Poly Humboldt.



MARLENE' DUSEK



CASSANDRA MAY

Cassandra is Yurok and Wailaki women who engages in traditional gathering, weaving, foodways, and community work. She is a Research Lab Assistant for the FSL.



Delaney is a descendant of the Anishinaabe/Ojibwe people of the White Earth Nation in Minnesota. Born on the ancestral homelands of the Tongva, Acjachemen, and Payómkawichum peoples; colonially known as Orange County, California. She is currently a graduate student at Cal Poly Humboldt in the Social Sciences Environment & Community program. Her work includes assisting in various Indigenous programs throughout Northern California Tribal lands with special interests in food and land sovereignty as well as Native youth programs.



**DELANEY SCHROEDER-
ECHAVARRIA**



CLIO GENTRY

Clío is a descendant of the Choctaw Nation of Oklahoma and the Seneca-Cayuga Nation, born on Ohlone land in San Francisco. She is a Master's of Social Work student and completed her Bachelor's in Social Work at Cal Poly Humboldt with a minor in Native American Studies. She is the youth correspondent for the Youth Council and is committed to utilizing culture as a strength for Indigenous youth. She is also an intern for the Yurok tribe's Behavioral Health Department.



Thank You to our Program Funders

This work would not be possible without all of our partners and funders of this project.



Thank You to all of our first year Program Partners

NCIDC • Tolowa Dee-Ni' • Yurok Tribe • Two Feathers Native American Family Services • ITEPP • Cal Poly Humboldt • Chef Ann Foundation • Noble Berry Farm • Wiyot Tribe • Cal Poly Humboldt Fisheries & Wildlife • Hog Island Oyster Company • Sunken Seaweed • Intertribal Agriculture Council • Haudenosaunee Nation • NRCS • IFAI • USDA • Elevate Youth • University of Arkansas • Wiyot Food Boxes • Trinidad Rancheria • City of Eureka • Potawot Community Garden • Cal Poly Humboldt NAS 333 Class • CIBA • Middletown Rancheria • Pechanaga Tribe • Food Sovereignty Program - Yurok Tribe Environmental Department • Karuk Tribe Department of Natural Resources • Pikyav Field Institute • Primal Wolf • Karuk Tribe • Graton Rancheria • Klamath-Trinity Joint Unified School District • UC Riverside • UC Riverside Pathway Program • Shingle Springs Rancheria • Tolowa Dee-ni' Nation • Blue Lake Rancheria • Bear River Rancheria • Yurok Tribe • Hoopa Valley Tribe • Rou Dalagurr Food Sovereignty Lab and TEK Institute • Rincon Charter School • Junction Elementary • Orleans Elementary • Climate Science Alliance • La Jolla Tribe • California State Parks • Cal Poly Humboldt Social Work Department • Cal Poly Humboldt NAS 332 Class • NCIDC Da'luk Youth Program • NDN Collective • Schatz Energy Research Center • Humboldt Permaculture Guild • Cal Poly Humboldt School of Education • KMUD Radio Station • Big Lagoon Rancheria

FIF Timeline of Project



● SPRING, 2023

Recruitment for Native Youth Council,
Karuk Youth Visit, Graton Rancheria
Youth Visit

● SUMMER, 2023

NCIDC - Da'luk Stick Camp, Klamath -
Trinity 8th Grade Visit, Healthy Foods in
Hoopa Coalition (monthly)

● FALL, 2023

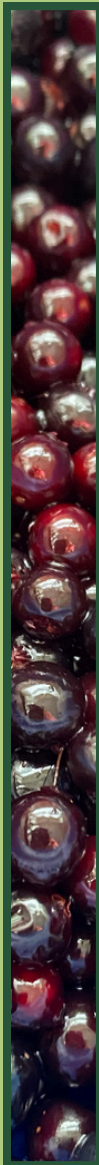
First Youth Listening Session, California
Big Time, Self-Defense Classes, Healthy
Foods in Hoopa Coalition (monthly)

● WINTER, 2023

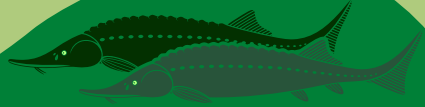
American Indian College Motivation Day
(monthly), Healthy Foods in Hoopa
Coalition, Self Defense Classes

● FUTURE PLANS

Second Youth Listening Session, Movie
Screenings, Self Defense Training Event,
Art Workshop, Getting Healthier Foods
into Our Local Schools, etc.



FIF BY THE #'s



HOW MANY YOUTH ON THE COUNCIL?

13 YOUTH

ESTIMATED 2,000 YOUTH SERVED

TOTAL YOUTH SERVED

HOW MANY REGIONS REPRESENTED?

YUROK

HUPA

KARUK

K'ICHE

8 INDIGENOUS NATIONS

WIYOT

YAMONIM MAIDUM

RESIGHINI RANCHERIA

SUSANVILLE INDIAN RANCHERIA

AGES 15-26

AGE RANGE OF YOUTH SERVED

PROGRAMS & EVENTS

- YOUTH LISTENING SESSIONS
- FOOD SOVEREIGNTY LAB STEERING COMMITTEE MEETINGS.
- COLLEGE MOTIVATION DAYS
- SELF DEFENSE COURSES
- ELEVATE YOUTH CONFERENCE
- TRADITIONAL MEAL SHARING
- GATHERING TRIPS
- FOOD PRESERVING CLASSES
- EYC CONFERENCE



**SEE OUR
PHOTOS &
VIDEOS HERE!**





EVENT HIGHLIGHTS

YOUTH LISTENING SESSION

ACTIVITIES

- ✔ Youth Toured the Garden / Traditional Foods and Medicines Plant Talk
- ✔ Youth Toured the Fisheries
- ✔ Youth Shared their Responses
- ✔ The FIF team and Youth shared an Traditional meal

FUTURE ACTIVITIES

- ✔ Youth Council Talking Circle - Monthly starting December 2023
- ✔ Self-Defense & Traditional Foods Workshop with Darla Lewis - March 2023
- ✔ Traditional Foods Gathering Trip - April 2023
- ✔ Second Youth Listening Session Hosted by Youth Council - Spring 2023





**“This is helping me stay sober”
-FSL Youth Council Member, Age 17**



EVENT HIGHLIGHTS

YOUTH LISTENING SESSION

Our Native Youth Council is essential to the work we do at the Rou Dalagurr Food Sovereignty Lab. This council provides a platform for young individuals to have a voice in matters that affects their communities. It helps in preserving cultural heritage, addressing unique challenges faced by Indigenous peoples, fostering leadership skills, and ensuring youths’ perspectives are included in decision-making processes, thus empowering them to shape their own futures. A youth listening session was held on September 23rd, 2023 at the Native Forum, Wiyot Plaza, and the FSL on the Cal Poly Humboldt campus. Eight of our 13 youth council members were in attendance along with four mentors and one mental health professional, Serenity Bowen (insert tribe). Our youth represent nine Indigenous nations that include Yurok, Karuk, Wiyot, Yamonim Maidum, Susanville Indian Rancheria, Hoopa Valley Tribe, Resighini Rancheria, K’iche peoples. The age of our youth council ranges 25 to 26.

The Council will meet 4-8 times per year (virtually or in person), and each participant will be given a \$500 honoraria per year and will be in charge of guiding project activities. The youth council will assist with hosting three listening sessions in year 1 of the program: 1 listening session will be with the Youth Council on the topic of Food Sovereignty and the fight against substance use and abuse in our communities; 2 additional listening sessions will be hosted by the Youth Council. There will be a final Youth Council listening session held in Year 3 of the program to discuss the impacts and final outcomes of the project. Youth will help develop online resources and participate in national, statewide, and local events to encourage systems and policy change. The youth advisory council will also work in conjunction with the Rou Dalagurr Food Sovereignty Lab and Traditional Ecological Knowledge Institute and the Steering Committee .



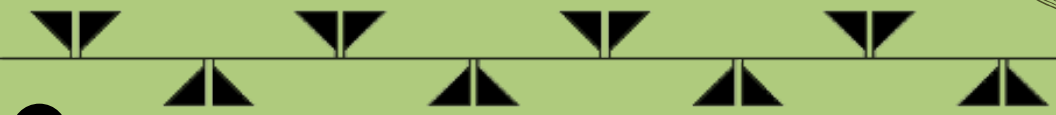
EVENT HIGHLIGHTS KLAMATH TRINITY JOINT UNIFIED SCHOOL DISTRICT YOUTH VISIT

NUMBER OF YOUTH ATTENDED: 60

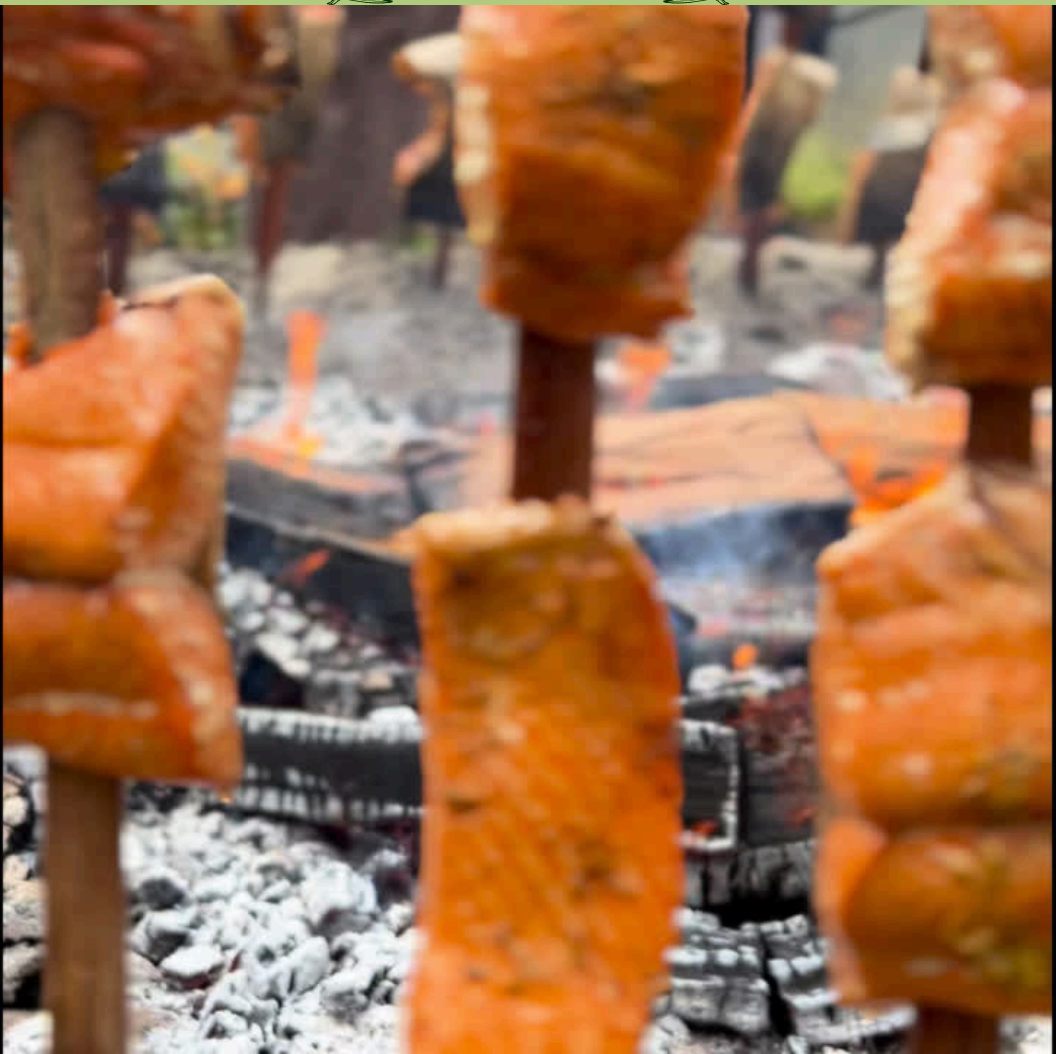
AGE RANGE YOUTH ATTENDED: 13 TO 14 (8TH GRADE)

TRIBES OF YOUTH ATTENDED: HUPA, WIYOT, KARUK, YUROK, CHOCTAW, PAIUTE, LAKOTA, TOLOWA DEE-NI'

This was an important event with youth ages 13-14 from the Klamath-Trinity Joint Unified School District where the youth were invited to partake in various activities, play trivia games, learn about traditional foods, showcase their knowledge, and watch a traditional fish cook demonstration. This event provided an enriching experience, allowing both the youth and our staff to celebrate local Native American traditions together.



**KLAMATH TRINITY
JOINT UNIFIED SCHOOL
DISTRICT YOUTH
VISIT VIDEO**





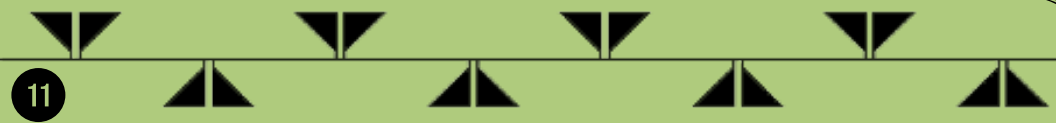
EVENT HIGHLIGHTS

HEALTHY FOODS IN HOOPA HIGH AND HOOPA ELEMENTARY



ATTENDED BY 5 PARENTS, COMMUNITY MEMBERS, LOCAL CHEF, LOCAL FARMER, CHEF ANN REPRESENTATIVES, AND KTUSD REPRESENTATIVES (ABOUT 15 PEOPLE TOTAL)

This event was organized by a local Hoopa youth who is attending Harvard, she sought to get healthier foods in Hoopa Elementary and Hoopa High School. The group is in its beginning stages, but have already been able to connect the Chef Ann Foundation with the Klamath-Trinity Joint Unified School District Cafeteria Manager in order to better train cafeteria staff and cultivate healthier foods in Hoopa Schools. Our team have been attending their monthly meetings to support this endeavor and support ethical ways that we can connect Hoopa and other local Indigenous children with traditional food systems. Going forward, we would like to connect this group with our Native Youth Council to support their leadership skills and encourage their collaborate with community members and leaders.





EVENT HIGHLIGHTS

EYC CONFERENCE

ATTENDED BY CASSANDRA MAY, DELANEY SCHROEDER-ECHAVARRIA, CLIO GENTRY AND ONE OF OUR NATIVE YOUTH COUNCIL MEMBERS, MICHAELA.

This event was curated to empower young professionals working to improve their communities surrounding mental health and substance use.

This conference sought to foster leadership skills, cultivate relationships, and advocate for issues that affect youth. There were keynote speakers, seminars, skill-building sessions, and networking opportunities. The aim is to inspire, motivate, and equip young people with knowledge, tools, and connections that will help them excel in various aspects of their lives, whether it's academic, professional, personal, or community oriented.

Three FSL staff attended the conference and met up with a Youth Council member attending as well



Youth Listening Session on Food Sovereignty, Substance Abuse and Mental Health

What does food sovereignty mean to you?
How do you define food sovereignty, and why is it important to you?

Can you share some successes or achievements regarding food sovereignty?

What are your hopes and/or what do you envision for this council?

Questions asked by FSL team on food sovereignty, substance abuse and mental health in their communities.



What are the top 3 obstacles you think Native youth are facing today?

How could the Youth Council better support you in your efforts to enhance traditional food systems and food sovereignty?

What keeps you motivated to learn more about food sovereignty and work with traditional foods and medicines?
What are some of your main concerns around the preservation and cultivation of traditional foods and medicines?

Gathered Youth Listening Session #1 , September 23rd 2023 , Native Forum Cal Poly Humboldt

Youth Testimonies on Food Sovereignty

Connecting with my culture and finding alternatives to manufacturing products. -Kyra

Connection to culture and being more confident in my Indigenous identity. -Zeen

Appreciation for the things people have fought for. -Destinlee

What keeps you motivated to learn more about food sovereignty and work with traditional foods and medicines?



My papa and hopes to teach my siblings and my community -Michaela

My family and the fact that there is always more to learn, always a new plant with another use. -Naomi

What keeps me motivated is how and what I can learn in all of this knowledge can be forgotten and I want to know to spread the knowledge and not let it die. I'm just try to put my best effort in all this. -Ivan

Youth Testimonies on Food Sovereignty

Help learn and understand our foods and what they mean -Alana

Teach me!
- Michaela

Give me more knowledge about traditional food. -Ivan

How could the youth council better support you in your efforts to enhance traditional food systems and food sovereignty?



Bring more understanding and normalcy to traditional foods. -Zeen

By teaching me how to gather and prepare Native Foods - Kyra

By teaching me - Destinlee

Gathered Youth Listening Session #1 , September 23rd 2023 , Native Forum Cal Poly Humboldt

FIF OUTCOMES



SUCCESSSES

The Food for Indigenous Futures project was able to partner with the Da'luk Youth Program at the Northern California Indian Development Council (NCIDC).

This partnership demonstrated for local youth how our programs can support each other as we work to address substance abuse in our communities. The lab organized an opportunity for youth participating in NCIDC's week long Summer Stick Camp.

Staff engaged youth in five different activities: an acorn demonstration with Cutcha, a basket weaving demonstration lead by Cassandra, a seaweed demonstration with Marlene', a Salmon cook with Yurok/Karuk fisherman Bubba Riggins, and a window writing activity with Clio and Delaney.

Due to the success of the demonstrations, a few camp participants were very excited to become youth council members.

CHALLENGES AND PLANNED SOLUTIONS

Due to ongoing fires and other community issues facing our local area for the Summer and Fall, we had to postpone the first meeting of our youth council. While it was not a problem to reconfigure our schedule for our first youth listening session, it was clear that the communities were facing ongoing immediate crises surrounding climate change that could not be ignored. This is something we have decided to work in to our advocacy trainings and engagement with youth and one of the reasons why we attended a local fire summit. This will continue to be an ongoing issue for our communities and impact our youth now and in the future.

Introducing them to ways they can advocate and build opportunities to reengage with cultural fire and fire management practices will be an important part of how we can help youth and empower their voices to make the changes needed to address issues in their communities.

FIF OUTCOMES



PARTICIPANTS

Outcomes for our youth included improved beliefs, skills, and behaviors in youth leadership and participation through cultural programming in the prevention of substance use and abuse. Another outcome included Youth leadership and Advocacy. Our last outcome for this period included the teaching, practicing, and learning of cultural knowledge, and food sovereignty as tools to fight mental health disorders and substance abuse in youth. Through engaging with our youth Council and other events, youth are able to connect with community leadership and witness positive models for their development.

POLICY OUTCOMES:

Our main objective for addressing policy, systems and environmental change comes from engagement with our Youth Council and their involvement in the Rou Dalagurr Food Sovereignty Lab, including cultural events. These events allow them to practice public speaking, participate in cultural activities, learn more about food sovereignty and advocate for issues that affect their communities. We hope to empower local Native youth to take control of their futures and develop their leadership skills, resulting in positive impacts for themselves and their communities.

FIF OUTCOMES



For this reporting year, our FIF project was able to work with several entities and collaborators across various sectors to support Indigenous youth and Food Sovereignty advocacy, instruction, and substance abuse and mental health prevention. A few we will highlight included the Youth Council Listening Session, NCIDC Da'luk Stick Camp (a fellow EYC program awardee), the Klamath-Trinity School District Visit, and the Healthy School Food In Hoopa Elementary And Hoopa High School systems and policy advocacy and planning. All of these projects highlight our FIF project work towards an innovative approach to addressing co-occurring mental health and substance abuse disparities for Native American youth alongside intervening on education attainment and ongoing school success disparities. The long-term objective of this study is to develop and assess the impact of tribally informed, place-based, and culturally informed curriculum for mental health and substance abuse interventions amongst Native American youth, focused on building connections to land, language, food, and culture.

PROGRESS

Our progress towards achieving our policy goal has moved forward in making relationships, collaborations, and partnerships in the local community that align with our policy goals and objectives for the overall health and wellness of our youth. As we move forward in envisioning and implementing our collective goals in community-informed and culturally-based strategies through the development and implementation of a health and wellness curriculum to empower youth leadership. We have made several partners and collaborators in the local community that include Indigenous youth and non-Indigenous Youth, tribal partners, tribal organizations, schools, school districts, state governments to name a few as a part of our progress in implementing culturally informed practices, food sovereignty, and land-based pedagogy for substance abuse prevention amongst Native American youth. This intervention is an innovative approach to addressing co-occurring mental health and substance abuse disparities for Native American youth alongside intervening in education attainment and ongoing school success disparities.

Food For Indigenous Futures End of the Year Report 2023



YOUTH CALIFORNIA