

FOOD FOR INDIGENOUS FUTURES

# SECOND YOUTH COUNCIL LISTENING SESSION



YOUTH CALIFORNIA

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“Food sovereignty helps me feel better and more connected with my culture, myself, and ancestors.”

• -YUROK/BEAR RIVER YOUTH COUNCIL MEMBER, AGE 18

“Food sovereignty means to me how I’m able to feel like my true self.”

• -KARUK YOUTH COUNCIL MEMBER, AGE 15

# Why combine listening sessions & workshops

Native youth, especially in small rural communities, are overresearched.

It's important to create spaces in which they can feel safe and relaxed, especially when we are asking them to share their personal experiences. Following our first listening session, youth feedback highlighted the need for collaboration with peers and a connection to food and culture to make the space more meaningful and personal.

## Youth Feedback:

Feeling and staying connected through knowledge access.

We could hold more workshops?

I feel good, but I wish we had more events.

More meetings and activities together!

Youth Council can support me better by giving me more knowledge about traditional food.

Youth Council can support me better by teaching me how to gather and prepare Native Foods.

# At our Listening Session:



The Youth Council learned how to make strawberry jam! They learned about preparing strawberries, creating the jam, and proper canning technique.

A background image showing two hands holding several clams. The clams are of various sizes and colors, including white, yellow, and brown. The hands are positioned as if presenting the clams. A white horizontal line is drawn across the top of the image, below the main title.

# Key Themes from Youth Listening Session

Fun

Pride

Motivational

Cultural  
Strength




How do you feel the youth council is going so far?

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Good.

I feel good, but I wish we had more events.

The youth council has been going great so far! The activities we've participated have been educational and hands on. Very appropriate in my opinion :)

A close-up photograph of a person's hand holding several ripe, red raspberries and a few small, purple lavender flowers. The background is a soft, out-of-focus green, suggesting an outdoor setting. The raspberries are the central focus, with their characteristic bumpy texture clearly visible. The lavender flowers are scattered around the berries, adding a touch of color and fragrance to the scene. The overall mood is fresh, natural, and wholesome.

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

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My motivation comes from wanting to be connected to my heritage.

Learning traditional ways to prepare foods keeps me motivated. I love learning about the culture & why certain things are done in certain ways.



What are some of your main concerns around the preservation and cultivation of traditional foods and medicines?

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My main concern is that food traditions will be lost.

A main concern of mine is teaching practices correctly; but so far so good!

Ignorance on traditional cultivation method





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

I'm not sure at the moment. The youth council has been doing a great job; I really appreciate the cook book that was sent home with each person!

We could hold more workshops?



Can you share some personal successes or achievements regarding food sovereignty since we last met?

I have learnt a whole and I am motivated to practice.

Feeling proud of myself for being able to partake in making Jam. Just reflecting on my ability and how it made me feel to do it with others has been really healing.



How has your understanding of food sovereignty developed since joining the youth council? Same? Different?

Yes.

Mostly the same, I know its important and integral to community.

I've definitely learned a lot more since joining the youth council!

What are you looking forward to next with being on the youth council?

More meetings and activities together!

More participation and rapport building with the other members :)

In-depth knowledge on how to start and sustain my own mechanized traditional food farm



# Guiding Steps for Program Improvement

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1. More opportunities to participate in similar workshops
2. Greater emphasis on the financial elements of food sovereignty
3. More opportunities to foster rapport and trust among peers

# Community Partners

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**NCDIC, KLAMATH-TRINITY UNIFIED SCHOOL DISTRICT, CAL POLY HUMBOLDT, ELEVATE YOUTH CALIFORNIA, ITEPP, NOBLE BERRY FARM, TRINIDAD RANCHERIA, TWO FEATHERS NATIVE AMERICAN FAMILY SERVICES, INTERTRIBAL AGRICULTURAL COUNCIL, WIYOT FOOD BOXES PROJECT, CITY OF EUREKA, HOOPA VALLEY TRIBE, BLUE LAKE RANCHERIA, BEAR RIVER RANCHERIA, YUROK TRIBE, POTAWOT COMMUNITY GARDEN, TOLOWA DEE-NI' NATION, PIKYAV FIELD INSTITUTE, KARUK TRIBE WIYOT TRIBE, CITY OF ARCATA, CPH NATIVE AMERICAN STUDIES DEPARTMENT, TISHANIK TRIBAL FARM, NUTRITIOUS SCHOOL LUNCH INTIATIVE, BLACK HUMBOLDT, CENTRO DEL PUEBLO, COLLEGE OF THE REDWOODS.**

# Timeline

## FOODS FOR INDIGENOUS FUTURES

### SPRING, 2024

- Youth Council Talking Circle
- Second Listening session

### SUMMER, 2024

- Sue-meg Youth Indigenous Foods Workshop
- CPH Berry Jam Workshop

### FALL, 2024

- Youth Council Talking Circle
- Third Listening session

### WINTER, 2024

- Expert Panel with Lonnie Anderson
- Movie Screening: Rezball

### NEXT YEAR

- Nettle Workshop
- Kelp Workshop
- Final Youth Listening Session
- Youth Publication



# Our Staff



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# Moving Forward

- Youth Council contribution to Rou Dalagurr Food Futures Magazine & Curriculum Development
- Fall 2024 Youth Council Listening Session
- Host Expert Panel
- Host Youth Council Talking Circles
- Movie Screening