Indigenous Peoples’ Food Systems:
Global Awareness and Action

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McGill University, Montreal

First Annual Conference on Native American Nutrition
Shakopee Mdewakanton Sioux Community
Shakopee, Minnesota
September 27, 2016
INDIGENOUS AND TRIBAL PEOPLE IN THE WORLD TODAY

- 390 million Indigenous and Tribal People
- 70 countries
- 5% of the world’s population, but 15% of the world’s poor
- 5000 identified groups
- 4000 languages, most endangered

The main issue of marginalization is due to violation of their right to their traditional lands and territories
UNPFII - United Nations Permanent Forum on Indigenous Issues
-International Decades of the World’s Indigenous Peoples
-UNDRIP – United Nations Declaration on the Rights of Indigenous Peoples

Slow Food and Indigenous Terra Madre

FAO – Food and Agriculture Organization of the United Nations

Bioversity International of the United Nations Environment Program

IFAD – International Fund for Agricultural Development

UNESCO – United Nations Education, Scientific and Cultural Organization
Intangible Cultural Heritage Lists
Victoria Tauli-Corpuz
United Nations Human Rights Council, Special Rapporteur on the Rights of Indigenous Peoples
FAO and Indigenous Peoples
FAO is one of the leading organizations for its expertise in natural resources management, including food systems. Given the inextricable relationship which exists between nature and indigenous peoples’ livelihoods, FAO plays an important role in protecting the environment and those who depend on it for survival. Many FAO projects relate to Indigenous Peoples even if indirectly, in their promotion of biological and cultural diversity as the underpinnings of food and livelihood security as well as quality of life
Centre for Indigenous Peoples’ Nutrition and Environment (CINE), McGill University, Montreal
Sites of Early CINE Dietary Research in the Canadian Arctic
GWICH’IN DENE, NWT
CINE Indigenous Peoples’ case study areas
Research Process:
Phase 1- to document the local food systems (both traditional and market foods used).
Phase 2- to implement interventions to improve health by emphasizing the local food systems.

Goal:
to accumulate evidence that improving access to traditional food diversity for rural Indigenous Peoples enhances their nutrition and health
Case Study Community and Academic Partners Meeting, Bellagio, Italy
DOCUMENTING TRADITIONAL FOOD SYSTEMS
OF INDIGENOUS PEOPLES:
INTERNATIONAL CASE STUDIES
GUIDELINES FOR PROCEDURES

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Li Dan (Institute of Nutrition and Food Hygiene, Beijing, China), and
Salek Ahmed (UBNG, Dhaka, Bangladesh)

and collaborators:
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Fengying Zhai (Institute of Nutrition and Food Hygiene, Beijing, China), P. V. Sethesh (DDS, Hyderabad, India),
Gopa Kothari (Child Eye Care Charitable Trust, Mumbai, India), and Fander Alhata (UBNG, Dhaka, Bangladesh)

July 2004
Two Portions of Diet

Traditional Food

Market Food

Total Diet
### % ENERGY FROM TRADITIONAL LOCAL FOOD AND NUMBER OF TRADITIONAL SPECIES

<table>
<thead>
<tr>
<th></th>
<th>% Energy</th>
<th>N of species</th>
</tr>
</thead>
<tbody>
<tr>
<td>Awajún</td>
<td>93</td>
<td>221</td>
</tr>
<tr>
<td>Bhil</td>
<td>98</td>
<td>97</td>
</tr>
<tr>
<td>Dalit</td>
<td>43</td>
<td>227</td>
</tr>
<tr>
<td>Gwich’ in Dene</td>
<td>21</td>
<td>101</td>
</tr>
<tr>
<td>Igbo</td>
<td>95</td>
<td>220</td>
</tr>
<tr>
<td>Ingano</td>
<td>47</td>
<td>160</td>
</tr>
<tr>
<td>Inuit</td>
<td>29</td>
<td>194</td>
</tr>
<tr>
<td>Karen</td>
<td>85</td>
<td>317</td>
</tr>
<tr>
<td>Maasai</td>
<td>10</td>
<td>35</td>
</tr>
<tr>
<td>Pohnpei</td>
<td>27</td>
<td>250 (372 varieties)</td>
</tr>
</tbody>
</table>
Nuxalk Nation, B.C.
Karat banana in Micronesia
*Musa troglodytarum*

500-6000 µg β-carotene/100g

National Postage Stamp
Demonstrating and showcasing Karen traditional foods
4 Indigenous Peoples’ Food Systems Posters Prepared at CINE; Published and Distributed by FAO
Indigenous Terra Madre, Shillong, North-East India, November 2015
Shillong is in the State of Meghalaya in North-East India
7 Indigenous Peoples’ Food Systems Videos

http://www.indigenousnutrition.org
WITH APPRECIATION TO.....

• Bill Erasmus, Dene Nation National Chief and AFN Regional Chief (NWT)
• Dina Spigelski, Barbara Burlingame
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• McGill University
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• Canadian Institutes of Health Research (CIHR)
• International Development Research Centre (Canada) (IDRC)
• Canadian International Development Agency (CIDA)
• The Rockefeller Foundation’s Bellagio Center
• UN Food and Agriculture Organization
Thank You for Your Attention

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www.indigenousnutrition.org