Healthfulness of Traditional Foods

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2nd Annual Conference on Native American Nutrition

Prior Lake, MN

September 18, 2017
Discussion

- Transformational Eating
- Indigenous Foods to Improve Health
- Food is Medicine
Overview
An Elder’s Perspective

- **Subsistence Living at Pine Ridge**
  - Gardening, fishing, hunting, gathering
- **Boarding School food at Pine Ridge**
  - Cheap, high in calories/low in nutrients
- **Relocation to Rapid City Indian Camp**
  - Anything we could afford...flour, sugar...
White River and Tributaries

\[ \text{MNI} = \text{“Water”} \quad \text{SHO TAH} = \text{“Cloudy/White”} \]

“Minnesota”
White River and Tributaries
In the time of my grandparents
In the time of my parents
Subsistence Living
WHISPERS OF RESISTANCE: Pine Ridge Indian Boarding School, South Dakota, c. 1891, where families set up camp in order to be near their children (Library of Congress Collection)
Wopila. (thank you)

Mitakuye Pi. (All my relations)

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