Dream of Wild Health
The mission of Dream of Wild Health is to restore health and well-being in the Native community by recovering knowledge of and access to healthy Indigenous foods, medicines and lifeways.
Dream of Wild Health: Healthy Wóyute - Mijim Policy

Watóto - Gitigaanensan
- Eat wild, foraged vegetables
- Eat Indigenous seeds
- Eat seasonal, local, organic vegetables
- Eat a variety of colors

Tadó - Wiinyaas
- Eat plant proteins like black turtle beans, nuts & seeds
- Eat sustainable animal proteins like buffalo, fish, and wild game
- Do not eat processed meats

Waskúyeca - Etitegin
- Eat wild, foraged fruits
- Eat Indigenous seeds
- Eat seasonal, local, organic fruits
- Eat a variety of colors

Wipatinye - Miniikaanan
- Eat whole grains like wild rice, amaranth, corn flour
- Do not eat processed or refined grains

- Shop at farmers markets!
- Grow your own food! Gardening is healthy for your mind, body, spirit, and emotions
- No junk food, soda, or processed sugars – use real maple syrup or honey for sweetener
- Drink dairy alternatives like almond milk or soy milk
- Show gratitude for your food, and respect the plants, animals, and Mother Earth
- Eat together with family and friends
Four Sisters Pasdayapi
(posh-DIE-yah-pee)

Manoomin Berry
(meh-NO-min)

Dream of Wild Health