



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.



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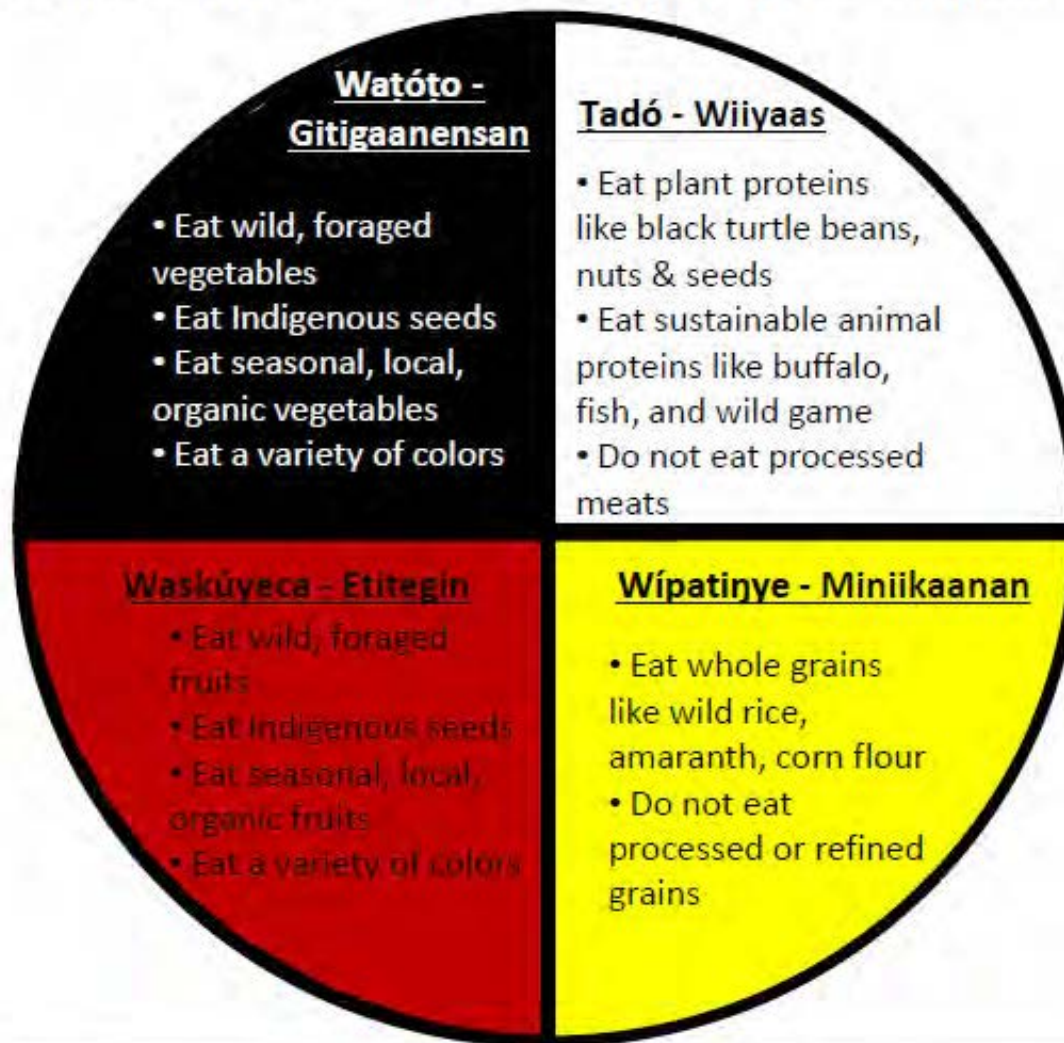
Dream of Wild Health: Healthy Wóyute - Miijim Policy



We believe food is medicine!

Intellectual property of
Dream of Wild Health
Youth Leader
“Dreamers”.

Dreamofwildhealth.org



Drink plenty of water, infused water, or fresh teas

- 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







DREAM OF WILD HEALTH

From Food to Medicine
Dream of Wild Health

From Food to Medicine
Dream of Wild Health



Dream of Wild Health



SANTEE

Dream of Wild Health
All day outdoor
Nutrition & Health

Dream of Wild Health
All day outdoor
Nutrition & Health

Dream of Wild Health





HEALTHY
NATIVE
FOODS
Demonstration Site
Brought to You by
Dream of Wild Health

Dream
of Wild
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Healthy Native Foods
Demonstration

Provided by:
Dream of Wild Health






Managers' Kiosk and Dining Room - serves 4

and

and

 Dream
of Wild
Health

Set aside

or leave on top of



PLANT SALE!



ROOTS
for the
Home
Team

ROOTS
for the
Home
Team

Garden
Goodies

Four Sisters Pasdayapi

(posh-DIE-yah-pee)



Dream of
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Manoomin Berry

(meh-NO-min)



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