“IF THE LAND IS HEALTHY, OUR FOODS, AND OURSELVES WILL BE HEALTHY”

Revival of Indigenous Food Sovereignty

Mariaelena Huambachano, PhD
Assistant Professor Environmental Humanities
Native American and Indigenous Studies, Syracuse University

Painting “Our lives are in the land” by Christi Belcourt (Métis Artist)
“Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems”

La Via Campesina
Declaration of Nyeleni 2007
INDIGENOUS FOOD SOVEREIGNTY

• Recognizes cultural, social, economic, political, and spiritual “kinships relationships” embodied in growing, producing, sharing, and recirculating food.

• Underscores cultural responsibilities to nurture and respect those relationships to land-based foods, economies of well-being, and political systems.
DISRUPTION OF “TRADITION FOODS/FOODWAYS”
Colonization and industrial food production

- Indigenous agroecology
- Biodiversity
- Foodways
- Right to Food

≠

- GMOs and dumping policies,
- Food monopolies
- Disregards histories & relationships to food.
Lack of Food Accessibility – COVID-19
Indigenous thinking
Māori and Quechua

“If the land is healthy, our foods, and ourselves will be healthy.”
INDIGENOUS PHILOSOPHIES OF WELL-BEING

Allin Kawsay (Peru), Mauri Ora (Aotearoa)
Ubuntu, Sumaq Kawsay, Mino-bimaadiziwin

Painting “Our lives are in the land” by Christi Belcourt (Métis Artist)
Quechua of Peru and Māori of Aotearoa New Zealand
INDIGENOUS GOOD LIVING PHILOSOPHIES

**Aotearoa**
- Tino Rangatiratanga - Self-determination
- Manaakitanga: hospitality
- Kaitakitanga: guardianship
- Mauri: Life essence.

**Peru**
- Ayni: reciprocity
- Ayllu: collectiveness
- Yanantin & Mansitin: equilibrium
- Chaninchay: solidarity

Huambachano, 2018 and 2020
Tino Rangatiratanga - (Self-determination)
Ayllu – Collective/Self-Governance
Ethics of care/solidarity/responsibility

Manaakitanga (Aotearoa)
• Chaninchay (Peru)
INDIGENOUS CALENDARS

- Aotearoa: Maramataka (Moon calendar)
- Peru: Inti and Killa Calendar (Sun and Moon calendar)
- Mayan Calendar: Mexico & Guatemala
- Menominee: 13 Moons Calendar (North America)
PARADIGM SHIFT
REMATRIATING HOLISTIC/COLLECTIVE
WELL-BEING

• Indigenous traditions
• Traditional Ecological Knowledge (TEK)
• Agroecology
• Economies and Environments of Well-Being
• Indigenous cuisine, Chefs, recipes
• Distribution/accessibility
• Development of new Policies (local to global)
INDIGENOUS SEED KEEPERS NETWORK

Seed Rematriation And Seed Saving

Indigenous Peoples

Seeds

Mother Land
SEED SAVINGS AND Developing Environmental Indicators of Wellbeing
Slow Food®
en Perú

SEEDING OUR OWN FUTURES
RECOVERING OUR ANCESTRAL FOODWAYS: INDIGENOUS TRADITIONS AS A RECIPE FOR LIVING WELL

Mariaelena Huambachano
Sulpayki!
Kia ora!
Thank you!

Mariaelena Huambachano

https://www.mariaelenahuambachano.org
mhuambac@syr.edu
@huambachano_m