

**“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

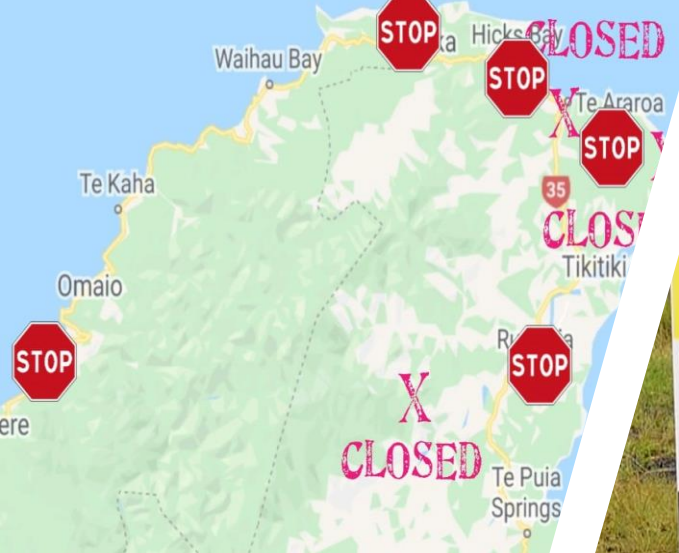
Ayllu: collectiveness,

Yanantin & Mansitin:

equilibrium,

Chaninchay: solidarity

Huambachano, 2018 and 2020



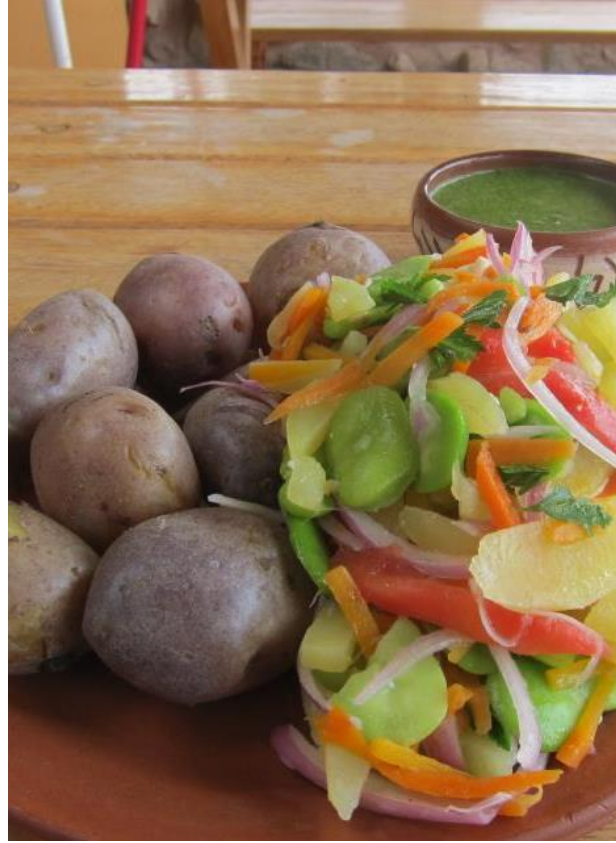
Tino Rangatiratanga - (Self-determination)

The Mataatua Declaration (1993) on Cultural and Intellectual Property Rights of Indigenous Peoples



Ayllu – Collective/Self-Governance





Ethics of care/solidarity/responsibility

Manaakitanga (Aotearoa)

- **Chaninchay (Peru)**

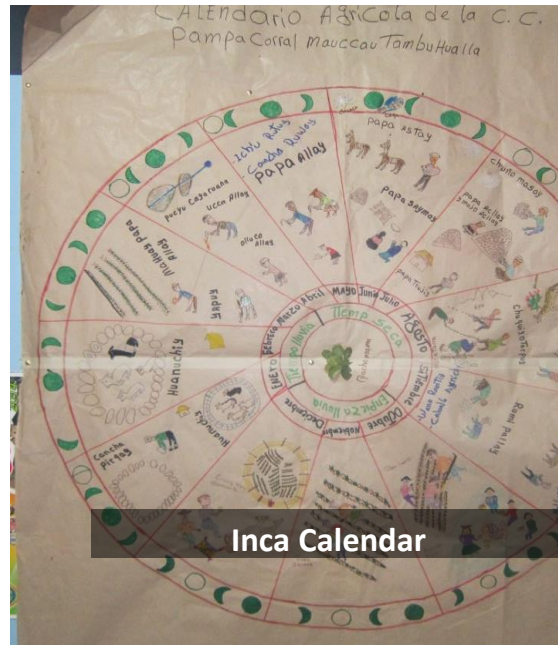
❖ Economies of well-being

INDIGENOUS CALENDARS

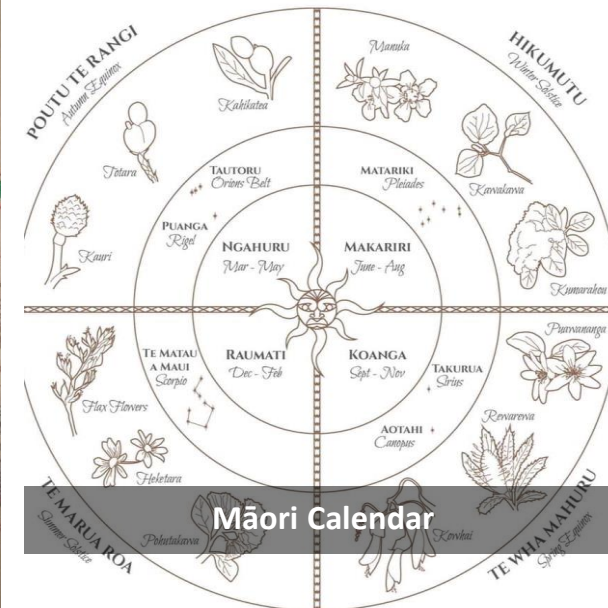
- Aotearoa: Maramataka (Moon calendar)
- Peru: Inti and Killa Calendar (Sun and Moon calendar)
- Mayan Calendar: Mexico & Guatemala
- Menominee: 13 Moons Calendar (North America)



Anishinaabe Calendar



Inca Calendar



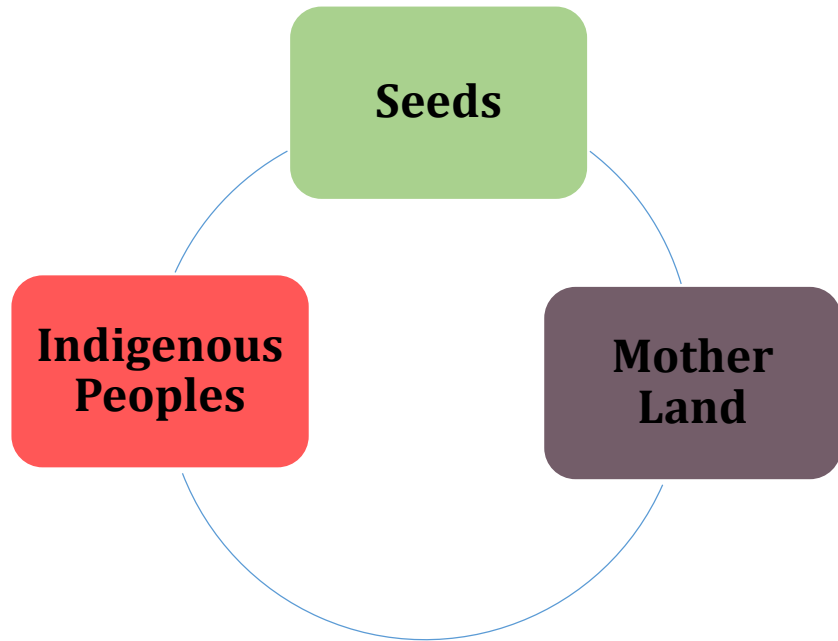
Māori Calendar

PARADIGM SHIFT REMEDIATING 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)



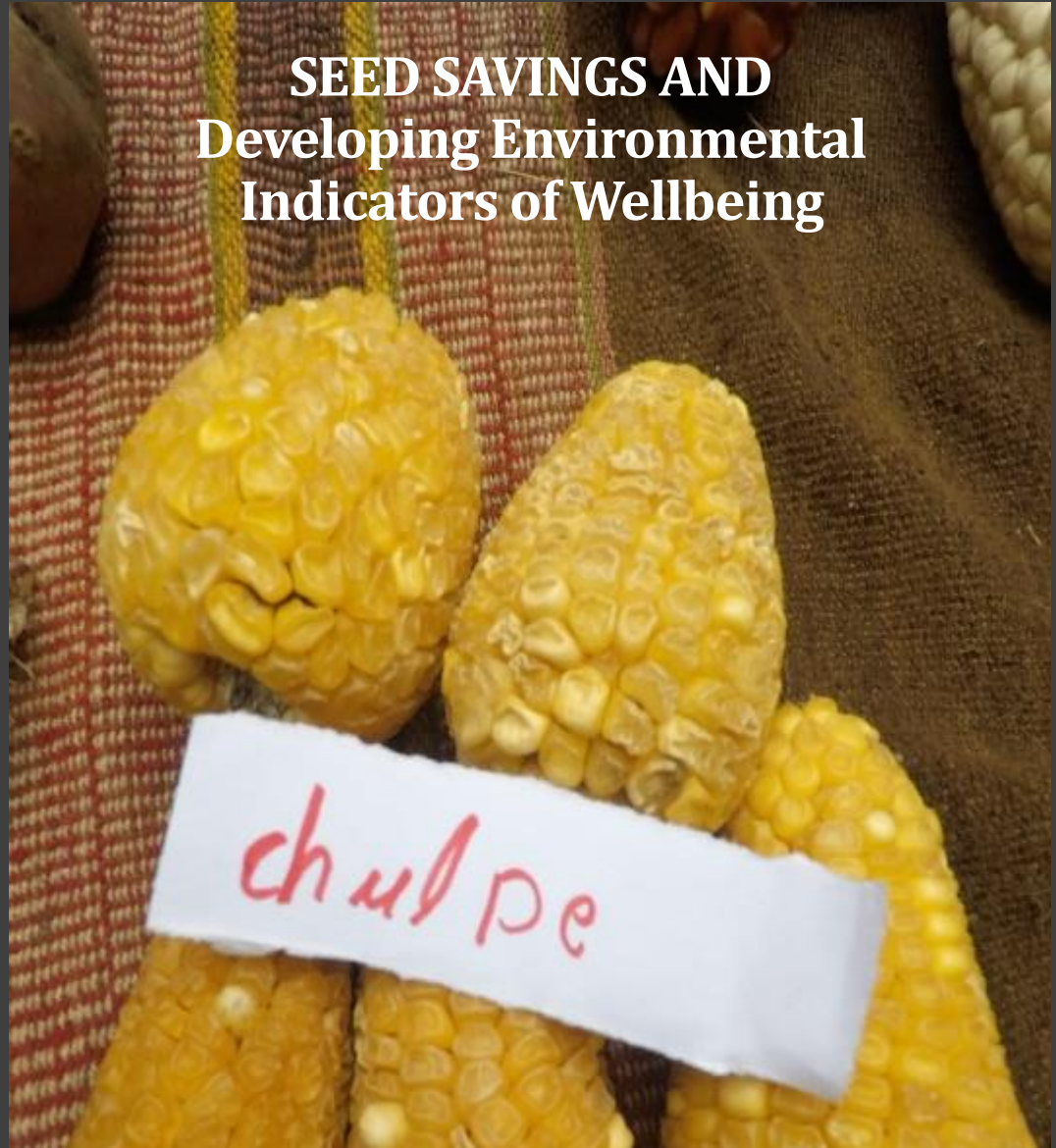
INDIGENOUS SEED KEEPERS NETWORK



**Seed Rematriation
And
Seed Saving**



SEED SAVINGS AND Developing Environmental Indicators of Wellbeing





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