

# Food and Culture

Welcome! Join us on a journey of food, culture, and connection. This journey is inspired by a conversation with our friend Teena Starlight who passed on traditional knowledge and a few stories that explain the deep connection between food and Indigenous culture.

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## Acknowledgement of Land and People

Teena is from Tsuut'ina Nation and she calls the land known as Treaty 7 Territory her home.

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## Connecting to Land

Take a moment to pause and think about what traditional territory you are living, learning, and playing on today. What connects you to the land you call home?

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## Welcome friends!

Did you know that traditionally, when you welcome someone into your home, you offer them food and drink? In many Indigenous cultures, taking care of one another means ensuring that everyone has nourishment.

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## Traditional Foods

Animals like elk, moose, deer, and buffalo have been hunted by some Indigenous communities for generations. Every part of the animals can be used so nothing is wasted. This way, the life of the animal and its role in feeding the community can be honoured.

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## The Saskatoon Berry

This is a very special berry. There are special teachings that tell us when we harvest, we only take what we need. It is important to leave enough for others, including birds, insects, and animals that also rely on the berries.

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## Reciprocity

Giving Back to the Land. Everything in nature is connected, and when we take something—whether it's berries, herbs, or meat—we must also think about what we can offer in return.

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## Preparing Food with Care and Intention

When you cook or prepare food, it's important to be in a good state of mind. Have you ever noticed that food tastes better when someone makes it with love and care?

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## Every Food Has A Story

Learning where our food comes from and who helped bring it to us helps us appreciate it even more.

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## Connections Through Food

Food connects us—to the land, to culture, and to each other.

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## Gratitude

When we eat, we are connected to the people who prepared the food, and the earth that provided it. This teaches us gratitude and appreciation.

## Reflection Question

The next time you sit down to eat, take a moment to think about where your food came from and the many hands and hearts that helped bring it to you.

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Indigenous teachings remind us that food is meant to nourish not just our bodies but also our hearts and minds.

