

# California Foodway

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Traditional Indian Health  
Education Program

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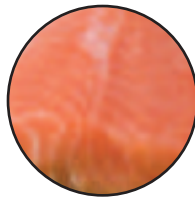
# California Foodway



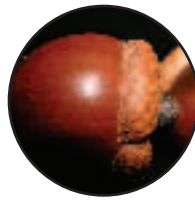
Dried Corn



Mint



Salmon



Acorns



Mushrooms



Deer



Wild Grapes



Rabbit



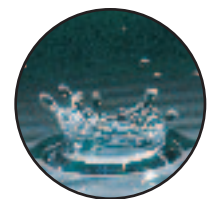
Walnuts



Hips



Wild Onions



Water

# *- Traditional Times -*

From birth to the final ceremonies of death, baskets were the most common material items in the lives of native Californians. The coiled basket is well suited as a symbol for this food model recognizing its multiple uses in cooking, storing and carrying native foods. The orientation of the four seasons and the four directions was brought into the basket, representing the seasonal variation of food availability and use.

Acorn is at the center of the food model basket as it is highly valued as a nutritious staple food, providing a balance of protein, carbohydrate, fat and other nutrients. The acorn harvest and rituals are a common activity among the diverse California tribes. For some tribes, acorn composed more than half the diet, eaten every day as mush, bread or soup.

## WEST:

The Western sky brings the Thunder Clouds and the life giving rains that nourish all living things. The Western quadrant includes healthy drinks used in traditional times.

## NORTH:

The North represents the important contribution of the Fish and the Four legged to the diets of Native Californians. Important

sources of protein and essential fats included: Salmon, trout, shellfish, deer, elk and bear, small game, insects and nuts.

## EAST:

The Eastern direction represents springtime. A time of renewed plant life and the beginning of the gathering season for foods and medicine. In the East we recognize the important contribution of the gathered plants in nourishing the people with vitamins, minerals and medicinal plant compounds.

## SOUTH:

The warm southern wind brings the summer growing season. Although few Californian tribes actively cultivated, some cultivated crops were traded such as corn and beans. Native grains and starchy roots/ bulbs such as brodiaea, tule potatoes and cammus, rich in carbohydrate are represented by the South quadrant.

Water surrounds the boarder of the basket representing the clean spring waters that once nourished the people.

Together these four food components sustained the people by providing a balance of nutrients.



# California Foodway



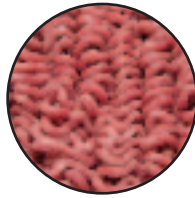
Eggs



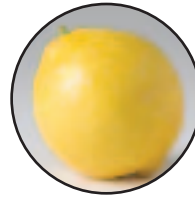
Melons



Coffee



Beef



Citrus Fruits



Wheat Bread

## NORTH



## SOUTH



Chicken



Sheep



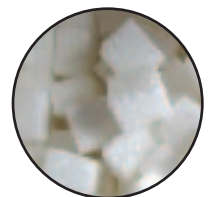
Alcohol



Macaroni



Milk



Sugar

# - Loss of Traditional Foodway -

On a spring day in 1769, a small Spanish vessel sailed into the bay of San Diego, and dropped anchor. Over the next sixty four years Spanish missionaries would establish 21 missions and several forts that would ultimately transform the lives of Californian Indians and lead to their near extinction. Under the supervision of the Franciscans, tribesmen were asked to renounce many of their old beliefs and activities. Rather than harvesting acorns, hunting deer, or gathering shellfish, they were expected to cultivate grains and vegetables, work in vineyards and tend horses, cattle, sheep, pigs and goats. The missions devastated the Native population, through outbreaks of new infectious diseases, forced labor with inadequate food, and brutal conditions, all to weaken the spirit of the people. Deaths far outnumbered births as few children born at the missions survived infancy.

The missions often held the richest, most fertile lands, controlling eventually 1/5 of all land in California. The rapid loss of tribal lands, loss of language and cultural

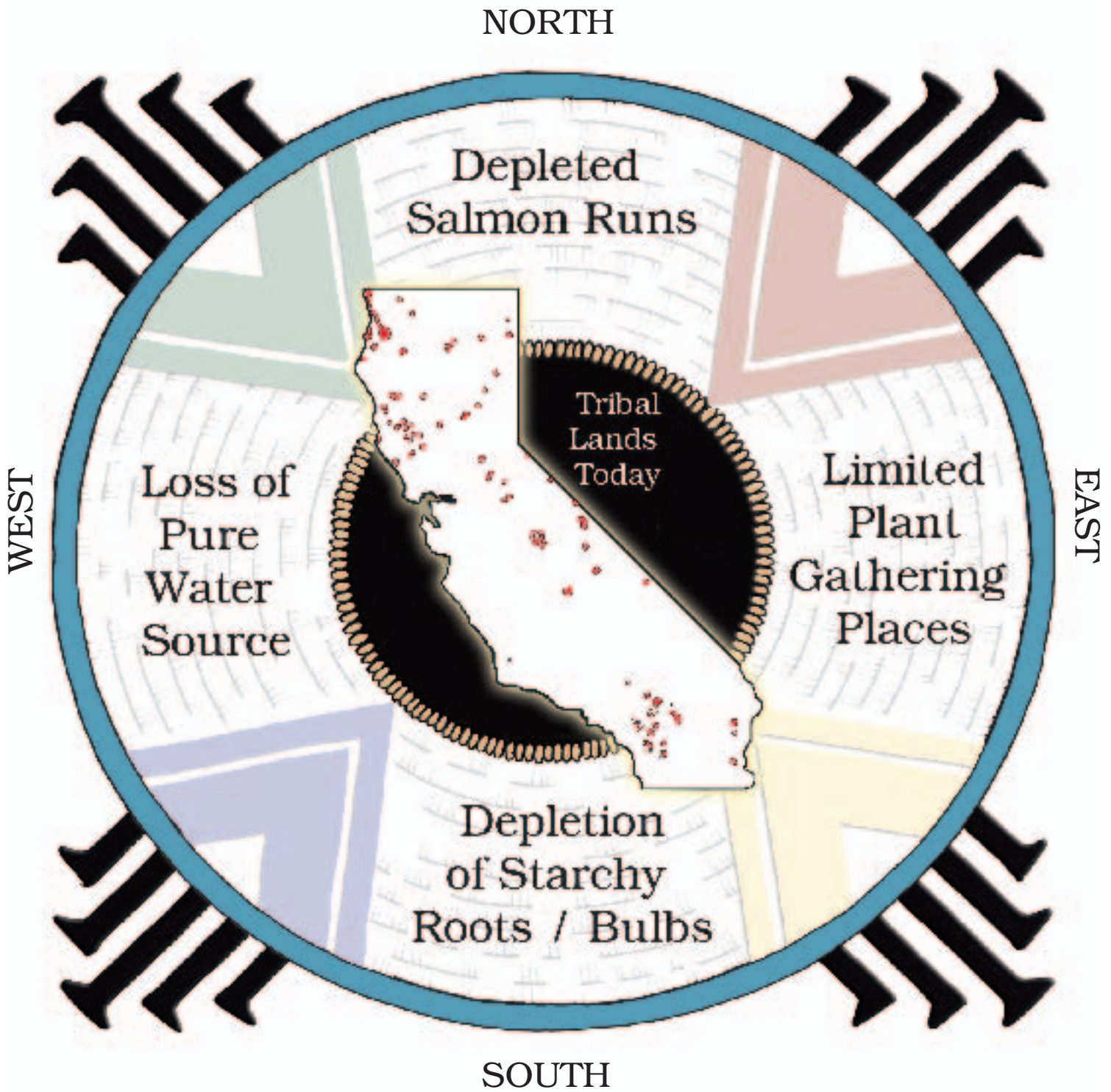
practices, and new introduced foods, transformed the food patterns of the people. The introduced foods eventually became more available than traditional foods. The food pattern from this "Contact Era" blends both traditional and introduced foods.

By the 1820's, Mexico was independent of Spain, and California became a Mexican Province. In 1834, Mexico officially secularized all mission lands. Soon after this, many of the mission Indian's were landless, forced to take any kind of work.

The year 1848, saw the transfer of California from a Mexico Province to a Territory of the United States under the Treaty of Guadalupe Hidalgo. Also in 1848 the "discovery" of gold at Sutter's sawmill, set off a rush to California that would end the old world of Californian Indians and change their lives forever. These 49'ers hunger for land and natural resources, devastated what little remained of Tribal lands and populations.



# *Loss of Traditional Food Systems*



# *Loss of our Food Resources*

Today Californian TribesNatives occupy only one ( percent %) of their original land holdings. With the loss of the natural resources on land and in the rivers and ocean, the people are more dependant than ever on the cash economy. No longer able to live a good life fishing and gathering from the land, the people depend on market foods and food program foods to nourish their families. With market foods replacing traditional foods results in less dietary protein, essential fatty acids, iron and other minerals. Further, with fewer opportunities to harvest the foods, the people became less physically active.

This rather dramatic change in diet and lifestyle has resulted in a decline in the health of the people. "The loss of traditional food sources is now being recognized as being directly responsible for a host of diet related illnesses among Native American including diabetes, obesity, heart disease, tuberculosis, hypertension, kidney disease, and strokes". (Jennie Joe, 1993)

"The years during relocation and establishment of the reservation system were very difficult ones for many reasons. Tribes had great difficulty adapting to the new life thrust upon them. Demoralized and disillusioned, the Indians suffered from malnutrition, disease and despair. Family life changed dramatically, as did the types of foods eaten and the ways of procuring and preparing foods".

Yvonne Jackson, RD, in Diabetes as a Disease of Civilization, 1993.



# Broken Basket



*“Our basket has come apart from misuse and neglect”.*

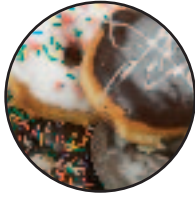
*Quote from California Native*

# Loss of Balanced Foodway

*Modern Times – 1950's to Today*



*Alcohol*



*No Nutritional Value*



*Caffeine*



*Fat, Starches*



*Sugar*



*Fried Foods*

*Today we don't always eat in balance.*

We depend on market foods that are more energy dense while may have fewer nutrients than our traditional foods. Sometimes our foods are processed in a way that removes important nutrients.

Many of our foods now require no effort from us to gather or prepare them. Foods find us at every turn, rather than us actively seeking our supply of food and its preparation. Our food choices often reflect our new taste preference for foods rich in fat and sugar.

The plants and animals that nourish us are not always respected by the food growers. Such as plants and organisms that are genetically altered in ways that could not happen naturally in order to produce a trait that is desirable for the marketplace.

Our modern eating pattern is in sharp contrast with the four components of a traditional meal pattern.

- Our drinks became sweetened or contained alcohol.

Σ

- Our meats became processed with more fat and less protein.

Σ

- We consume fewer varieties of fruits and vegetables.

Σ

- We eat processed grains and starchy foods in large quantities, often fried.

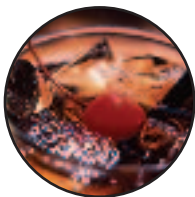
*At the same time,  
the health of our  
Nations suffered.*



*Candy*



*Convenience Foods*



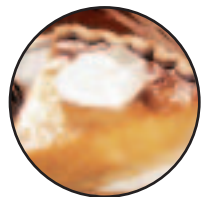
*Sodas*



*Starches*



*Cookies*



*Sugar*

# Restoring Nutritional Balance

NORTH



# *with Healthier Food Choices*

Is there text to go here or should I come up with a graphic?

