April 11, 2012

Dear Fellowship Committee,

For the entire past academic year, and long before, we have focused on how vital Food Sovereignty is to the expression of overall Tribal Sovereignty. We designed and implemented a Food Sovereignty survey that went “viral” and received responses about access to traditional and healthy foods from people all across Indian Country. The goal of our capstone is to turn that research into community based action regarding health and social justice and to create a blog where information can be shared. With the support of the Squaxin Island Tribe, who is hosting this year’s Tribal Canoe Journey, we have designed a Food Sovereignty action plan to implement on Journey 2012. The plan reaches beyond Canoe Journey and the Coast Salish region to include Northern California and our hope is that it can be used as a model for Indigenous communities everywhere.

**Building Healthy and Sustainable Tribal Communities:**

Education, access and support regarding healthy and traditional foods were asked for over and over by our survey participants. Part of our plan includes creating educational tool-kits and distributing them to Tribal Nations and Canoe Families. The kits will include items such as: an instructional video sharing how to gather and prepare traditional foods as well as ways of using traditional foods that are better suited for modern day lifestyles or Journey purposes; pamphlets sharing our research findings with ideas on creating Food Sovereignty related policies; key chains with a list of food medicines and their use; healthy and traditional food recipes; a list of current traditional food products and the importance of supporting Tribal businesses and ideas on how to revitalize traditional foods for trade purposes.

**Fostering the understanding of Tribal Governance:**

The tool kits will include education on how traditional foods relate to all other aspects of tribal life and governance including governmental infrastructure, education, jobs, economic growth, health and social services and cultural preservation. They can be distributed to Tribal Nations, Canoe Families and non-Tribal agencies that work with Native peoples and communities.

**Building bridges between Tribal and non-Tribal governments/communities:**

In addition to the above, we will also be working with the Department of Homeland Security to understand how Food Sovereignty relates to Tribal Governance and overall Tribal Sovereignty and address some of the barriers presented to our First Nations relatives as they try to transport their traditional foods across the border in order to have them as part of Journey.

We estimate the costs associated with the blog, items in the tool-kits and transportation while attending planning meetings, completing research and distributing the kits will be around $1,636. Please see attached budget. We would be grateful and consider it an honor if the Sue Crystal Memorial Fellowship could help offset as much of these costs as possible, up to $1,000.

Thank you for your time and consideration,

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Food Sovereignty Project Budget

Blog Site: ($40)

* Domain name
* Hosting
* Other fees associated with the site

Tool Kits:

* Educational Pamphlets printing ($150)
* Key Chains ($450)
* Packaged traditional food samples ($500)
* DVD Videos from Evergreen ($375)
	+ Production
	+ Supplies
	+ Packaging

Gas (approved rate): ($120)

* Kit Distribution travel
* Planning meetings travel
* Travel to complete Research

Total Cost: $1,636

Amount Requested: $1,000