

Improving Food Security and Sovereignty in Indian Country



NEARLY 25%

of Native American and Alaska Native households are food insecure

The Food Distribution Program on Indian Reservations (FDPIR) **SERVES 90,000** participants per month on average in Indian Country.

ONE THIRD

of FDPIR households have children under the age of 18.

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For thousands of years, Indigenous peoples in North America sustained politically and culturally vibrant societies that were as diverse as they were dynamic. Our nation's shameful legacy of colonization and conquest has left deep wounds on Indigenous communities, and food is very much a part of that story.

We are proud to work closely with Tribal partners — organizations and leaders who act from a place of incredible power, vision, and resilience, despite centuries of marginalization, erasure, and disinvestment in their communities. We are committed to advancing food policies that support the self-determination and wellness of Tribes and Native communities.

- We urge the federal government to support Tribes in their efforts to strengthen food security, bolster public health infrastructure, and build vibrant Tribal agricultural economies.
- We use our voice to urge support for the Food Distribution Program on Indian Reservations (FDPIR), the only federal food program that focuses on Native Americans living on or near reservations.
- We make historic investments in, and amplify the priorities of, coalitions working collectively to transform Native food systems and agriculture.
- We advance state-Tribal partnerships to strengthen Indian Country food security.
- During COVID, we petitioned all 50 state governors to include Indian Country nutrition policy priorities in their legislation, and helped our partners secure critical funding for priorities in the CARES Act.

MARIAH GLADSTONE

Acorn Squash and Wild Rice Stuffing



2 acorn squash
1 cup wild rice (prepared)
2 tablespoons avocado oil
1 lb ground bison
3 cloves minced garlic
¼ cup sliced green onions
½ cup fresh spinach
Salt & pepper to taste



- If wild rice is uncooked, prepare wild rice according to instructions.
- Cut acorn squash in half and scoop out seeds. Brush with oil and turn cut side down on a cookie sheet. Bake at 425° for 20 minutes or until flesh is tender.
- Brown ground sausage on medium heat. When fully cooked, add garlic and cut wild onions. If including spinach, add fresh spinach to pan and stir until wilted.
- Remove squash from oven and turn squash so cut side is up. Allow squash to cool for 10 minutes so it will be easier to work with. You may have to cut the bottom so squash will sit flat.
- With a spoon, enlarge the "bowl" part of the squash. The larger the hole, the more filling it will hold.
- Add wild rice to meat mixture and mix. Gently scoop stuffing into squash and sprinkle with salt, pepper and chili powder (optional).
- Bake at 425° for 5 more minutes until top of squash is golden brown.

Intertribal Agriculture Council's American Indian Foods Program promotes certified "Made/Produced by American Indian" businesses across the U.S. and around the world. American Indian Foods businesses take pride in their high-quality and delicious products. Find recipes, cooking demonstrations, and American Indian and Alaskan Natives businesses by visiting www.indianagfoods.org

