

---

“A reality for many tribal communities is the access to food that we need to be able to heal ourselves from and prevent diseases like diabetes and heart disease is challenging. To promote more community-based nutrition with community-led efforts to accessing those foods, I launched the Muckleshoot Food Sovereignty Project in 2010.

The main objectives of that project are to identify food resource areas, identify challenges, identify education opportunities, and ultimately increase access to traditional and local healthy foods.”

Valarie Segrest (Muckleshoot), NMAI Interview, August 2016

---

Native foods sustained the lives of Native people by providing valuable nutrition that is only now being recognized by mainstream society.