



Courtesy of Muckleshoot Food Sovereignty Project

“In order to overcome issues of access [to traditional foods], we needed to identify the challenges. In discussions with various tribal communities throughout the Puget Sound, numerous obstacles were identified. Some include: a loss of rights, loss of land, state and federal regulations, colonization and cultural oppression, lack of time and money, environmental toxins, and lack of education.”

Valerie Segrest, “Muckleshoot Food Sovereignty Project,” *Feeding the Spirit: Revitalizing Northwest Native Food Culture*, <https://feedingthespirit.wordpress.com/>