

---

“A reality for a lot of tribal communities is that access to food that we actually need in order to heal ourselves from diseases like diabetes and heart disease is challenging.”

“For the Coast Salish people, our traditional foods are physical, mental, and spiritual medicine. That means that when we are actively on the land in pursuit of wild game, or fishing the river, or harvesting foods and medicines with good intention, and then generously sharing those with people, we are gifted with memories . . . both new and those of a distant past. Those memories are the medicine, that is what we are looking for.”

Valerie Segrest (Muckleshoot), NMAI Interview, August 2016

---

Traditional foods support physical, mental, and spiritual health. The Muckleshoot Food Sovereignty Project works to help strengthen the tribe’s cultural connection to both food and land.