Photographic section

Inuit \textsuperscript{xvi}
Awajún \textsuperscript{iv} Karen \textsuperscript{xix}
Dalit \textsuperscript{vii} Nuxalk \textsuperscript{xxii}
Gwich’in \textsuperscript{x} Pohnpei \textsuperscript{xxv}
Inga \textsuperscript{xiii} Ainu \textsuperscript{xxviii}
Our book is dedicated to all children in communities of Indigenous People who will continue to face the challenges to protect their traditional knowledge and use of their local foods for physical, social and environmental health. We know our work gives you power and strength.
Awajún

“Before I didn’t eat well; now I can get fish from my fish pond until the river is full of fish again and I can eat the food that I have in my farm.”

Awajún mother

Chapter 5 >> 51
Indigenous Peoples’ food systems & well-being | Photographic section | Awajún

Awajún child (kp-studios.com)

Palm fruit – Achu, Mauritian flexuosa, an excellent source of carotene (kp-studios.com)

Peach tomato – Kukush, Solanum sp.

Awajún mother and child

Pumarosa, a popular Awajún fruit

Pituca – Kiyam (a tuber) (kp-studios.com)

---

Indigenous Peoples’ food systems & well-being | Photographic section | Awajún
Indigenous Peoples’ food systems & well-being | Photographic section | Awajún
“Today, if I look back, I can sense a sea-change in my life, and what is so exhilarating about it is the feeling of control that we are experiencing…”

Susheelamma, Raipally village

Dalit boys and girls from Humnapur village, Nyalkal mandal, Medak district, Zaheerabad, India (kp-studios.com)

Drumstick leaf – Moringa oleifera (kp-studios.com)
Indigenous Peoples’ food systems & well-being | Photographic section | Dalit
Humnapur Laxamamma, Dalit farmer and seed keeper (kp-studios.com)

Chinna Narsamma, sorting edible greens collected as “weeds” in fields (H.V. Kuhnlein)

Mayalu, Basella rubra, a nutritious green vegetable (kp-studios.com)

Millet, legumes, oil seeds (kp-studios.com)

Dalit women cleaning food grain (kp-studios.com)

Young Dalit girls (H.V. Kuhnlein)
Gwich’in

“Through harvesting traditional foods you practice your culture and live your heritage.”

Gwich’in community member

Chapter 7 >> 101
Indigenous Peoples’ food systems & well-being | Photographic section | Gwich’in
Mary Snowshoe, Gwich’in Elder (kp-studios.com)
Caribou meat as “stirfry” with vegetables (H.V. Kuhnlein)
Home freezer with fish and meat (H.V. Kuhnlein)
Gwich’in girl (kp-studios.com)

Andrew Neyando, Gwich’in Elder (kp-studios.com)

Alice Andre, Gwich’in Elder, cutting fish (H.V. Kuhnlein)

Shawn Vittrekwa, Gwich’in hunter (kp-studios.com)
“I [...] promote traditional foods and crops so that families are able to recover traditional foods, recipes and drinks, seeking to make them less dependent on markets when it comes to health and food.”

Libia Diaz, Inga local promoter, San Miguel Indigenous Reserve
Indigenous Peoples’ food systems & well-being | Photographic section | Inga

Antonia Mutumbajoy, Inga leader (kp-studios.com)
Eva Yela, Inga leader (kp-studios.com)
Ana Maria Chaparro, Amazon Conservation Team, Bogota (kp-studios.com)
Inga girl (Inga Research Team)

Sonia Caicedo, Amazon Conservation Team, Bogota (kp-studios.com)

Previous page, Children squashing chontaduro, a palm tree fruit (Bactris gasipaes Kunth) for making chichi (Inga Research Team)

Food plant identification session (Inga Research Team)

Smoked river sardines (Inga Research Team)
Arazá – Eugenia stipitata
McVaugh
Churu – Snails
Cucha – Small fish (Inga
Uchumanga de menudo, served at culinary festival
(Inga Research Team)

Taita Jose Becerra,
Shaman,
with two young people
(Inga Research Team)

Alvaro Mutumbajoy’s grandson eating fish soup with vegetables
(Inga Research Team)
Inuit

“Our past is preserved and explained through the telling of stories and the passing of information from one generation to the next…”

Inuit Tapiriit Kanatami
Indigenous Peoples’ food systems & well-being | Photographic section | Inuit
Mahtanah Alivaktuk, Inuit grandfather and granddaughter Briana Alivaktuk (kp-studios.com)

Jaco Ishulutak, Inuit carver (kp-studios.com)

Johnny Kuluguqtuq, Regional Community Health Development Coordinator
Fish soup with market vegetables
Looee Okalik, Inuit Tapiriit Kanatami, Ottawa, Ontario (kp-studios.com)

Joanasie Veevee, Inuit youth (kp-studios.com)
“We work together. We understand each other; much more than when we started the work.”
Suaijeemong Sangkhawimol (Sanephong traditional healer)
Indigenous Peoples' food systems & well-being | Photographic section | Karen

Sinee Chotiboriboon and Mailong-ong Sangkhachalatarn (kp-studios.com)
Karen family (H.V. Kuhnlein)
Karen traditional dishes (Mahidol team)
Harriet V. Kuhnlein and Solot Sirsai (kp-studios.com)

Previous page, Karen vegetables (Mahidol team)

Sompop Sangkhachalatarn, Karen community, Kanchanaburi, Thailand (H.V. Kuhnlein)
Mainia Sangkhathiti, Karen community (H.V. Kuhnlein)
Indigenous Peoples’ food systems & well-being | Photographic section | Karen

Nipaporn Sangkhawimol and her child (H.V. Kuhnlein)

Karen traditional dishes (Mahidol team)

Suttilak Smitasiri, Mahidol University, Salaya, Thailand (kp-studios.com)
Prapasri Puwastien, Mahidol University, Salaya Thailand (Prangtong Dounghnosaen)
Suaijeemong Sangkhawimol, Karen leader (M. Roche)
Anon Setaphan, Karen leader, Sanephong Village, (kp-studios.com)
Nuxalk

“They came out in droves!”
Rose Hans

Chapter 11>> 177
Indigenous Peoples’ food systems & well-being | Photographic section | Nuxalk
Indigenous Peoples’ food systems & well-being | Photographic section | Nuxalk

Salmon roe (kp-studios.com)
Drying salmon sluq (kp-studios.com)
Cow parsnip (Heracleum lanatum), a Nuxalk spring vegetable (H.V. Kuhnlein)
Filleting spring salmon (kp-studios.com)

A bountiful catch of Nuxalk salmon (kp-studios.com)
Lorraine Tallio cutting spring salmon (kp-studios.com)
“Let’s Go Local!
Grow and eat local foods for their ‘CHEEF’ benefits: culture, health, environment, economics and food security.”

Island Food Community of Pohnpei

Chapter 12 >> 191
The late Dr Lois Englberger (kp-studios.com)
Kiped Albert (kp-studios.com)
Adelino Lorens (HV Kuhnlain)

Billboard – The “Let’s Go Local” campaign slogan was painted on billboards to portray different Pohnpei foods and varieties, including Karat banana (left top), an important fruit to Pohnpei families. (IFCP)

Pandanus, _Pandanus tectorius_, a rich source of many nutrients (IFCP)

Banana market in Pohnpei (IFCP)
Indigenous Peoples’ food systems & well-being | Photographic section | Pohnpei XXVII

Mand school children enjoy learning about bananas in the Youth to Youth project. Here they happily present the carotenoid-rich Karat (middle) and other banana varieties. (IFCP)

Merlain Poni (kp-studios.com)

Godwin Fritz (kp-studios.com)

Mand Breastfeeding Club (IFCP)
“…When the local people accept Ainu food as a part of local food, there will be no social discrimination against Ainu people.”

Miwako Kaizawa

Chapter 13 >> 221
Miwako Kaizawa, Community Researcher, Ainu project
Koichi Kaizawa, Ainu Community Leader
Masami Iwasaki-Goodman, Ainu Researcher, Hokkai-Gakuen University, Sapporo, Japan

Previous page, Turep, a traditional dried bread prepared from *Lilium cordatum* var. glehni (kp-studios.com)

Pukusakina, *Anemone flaccid* (2 varieties), dried (kp-studios.com)

Ainu Elder (kp-studios.com)
Indigenous Peoples’ food systems & well-being | Photographic section | Ainu

Pukusa, *Allium victorialis* (2 varieties), dried (kp-studios.com)

Ainu infant (kp-studios.com)

Taichi Kaizawa
Pukusakina leaves
Yuk (deer) soup
Teaching about the Ainu traditional food (kp-studios.com)
Masahiro Nomoto, Ainu leader (H.V. Kuhnlein)
Indigenous Peoples’ food systems & well-being | Photographic section
“The walrus head [in the sculpture] represents the universe, and we all live on the earth with the sea connected. It's telling the story of climate change occurring in the North. How it’s affecting the animals, the environment and ourselves... This may only look like a carving, but it depicts a lot of our lifestyles and environment and animals which are united. We have to manage the animals well today because the next generation will have to have their own meals as well.”

Jaco Ishulutak, Inuit master carver, hunter and cultural specialist, Pangnirtung, Nunavut, speaking about his sculpture depicting climate change.

(kp-studios.com, from the DVD film, The Inuit and their Indigenous Foods, 2008)