

Knowing Our Traditional Foods

During a Time of Rapid Environmental Change

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February 24, 2015

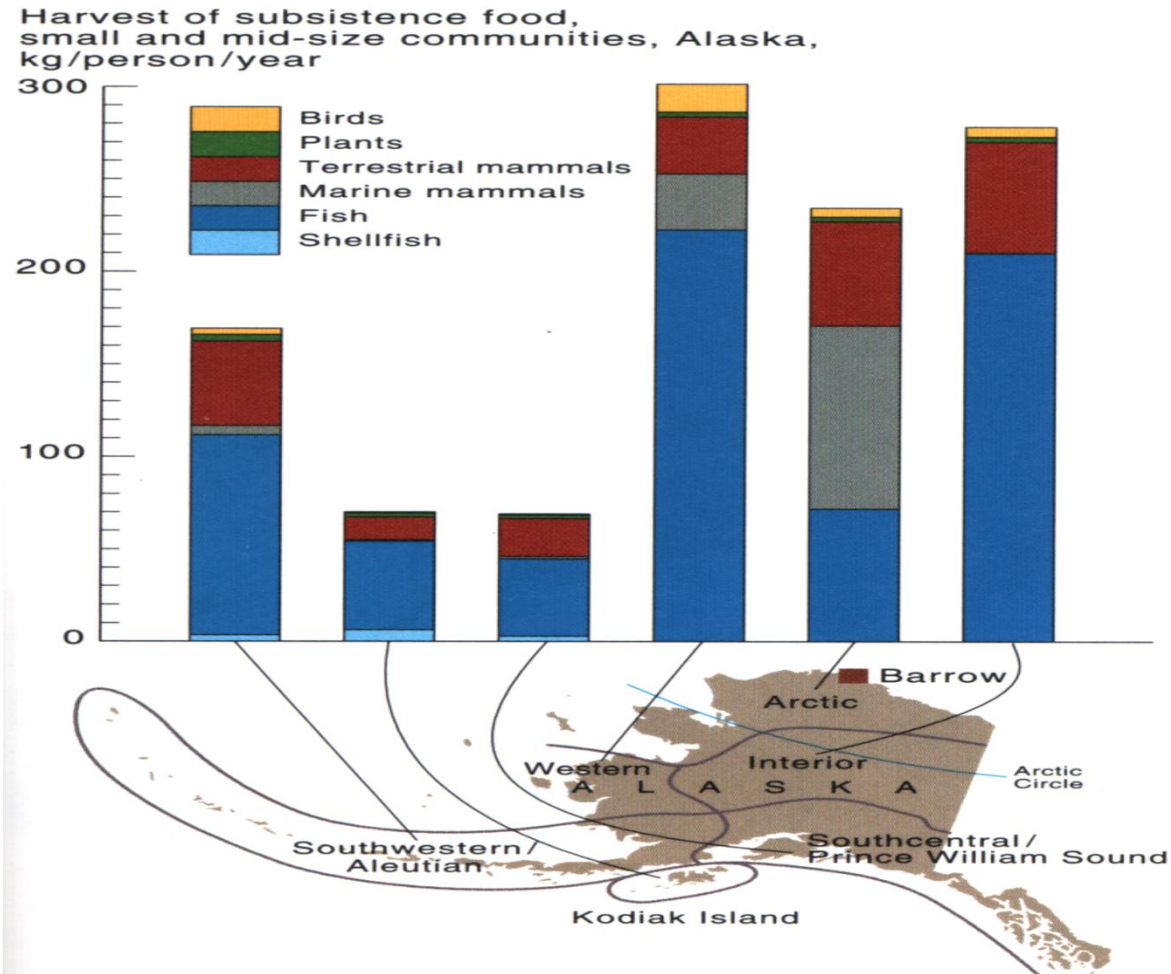
LEO Webinar





Our communities are unique but we have something in common

Our Traditional Foods



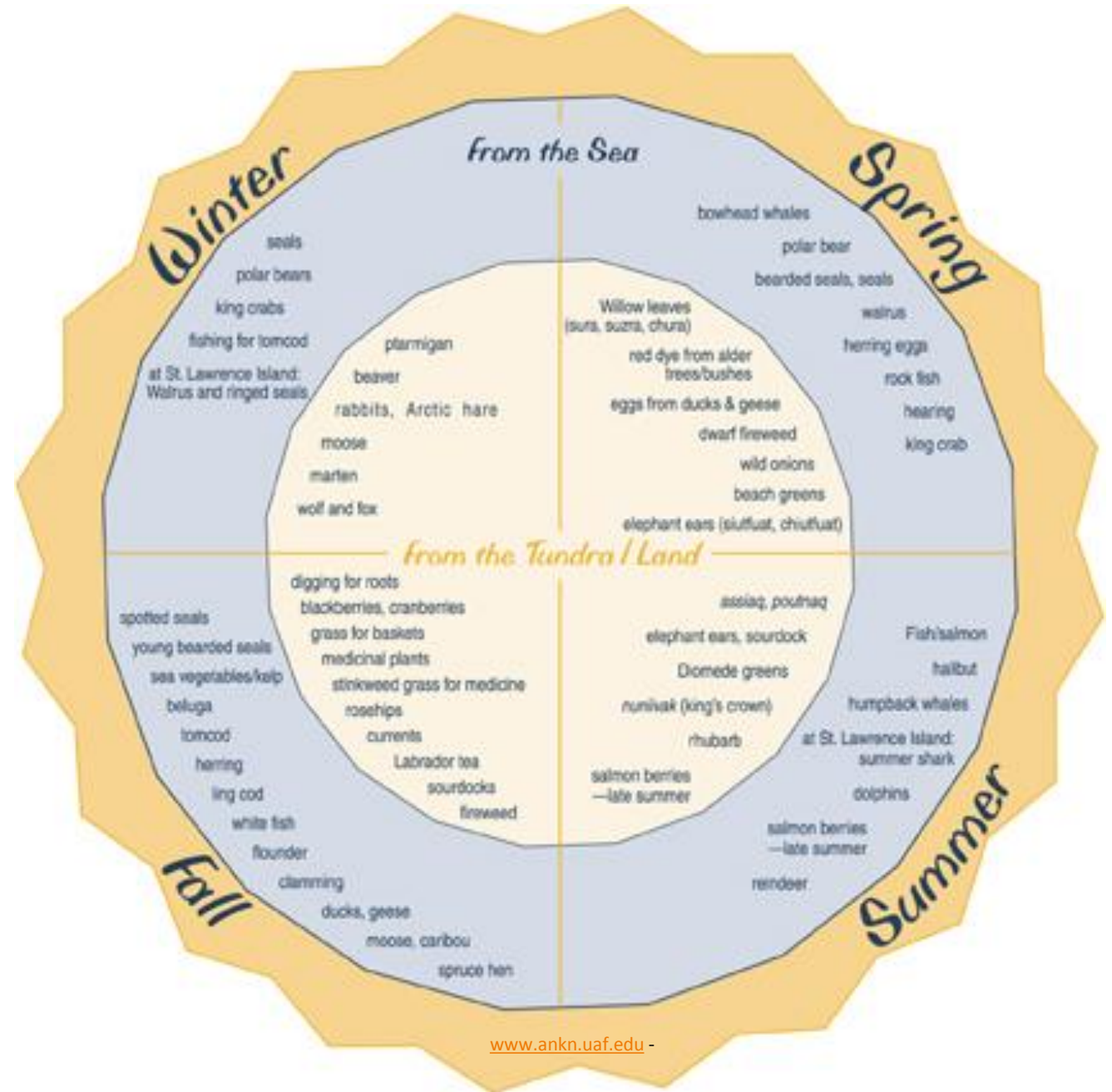
Rural Alaska Natives are the most subsistence dependent population in the US

Living by Seasons

- Coastal communities rely heavily on the ocean to harvest food.
- Communities not near the ocean rely heavily on the land, lakes and rivers.



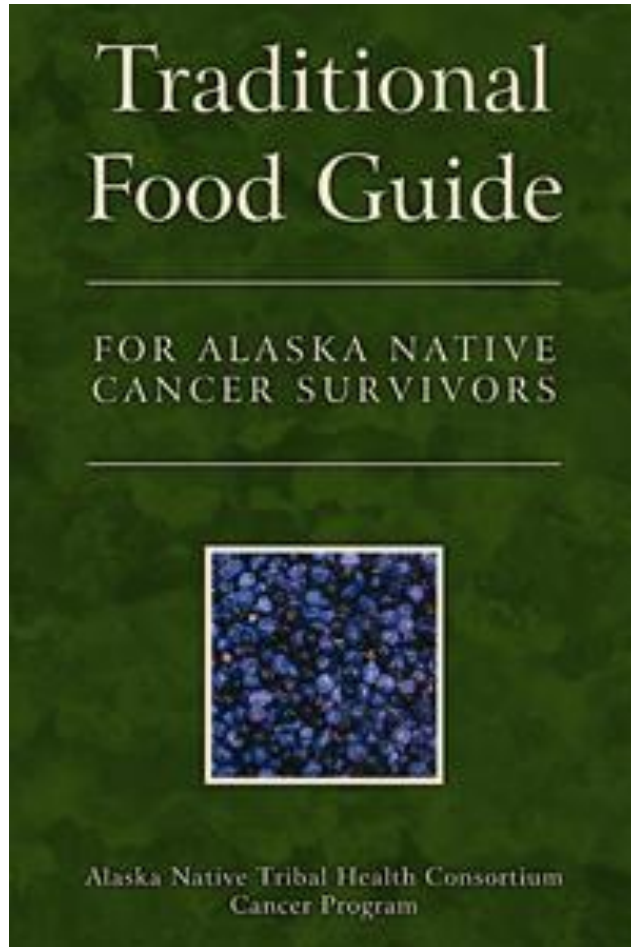
Photo: Maija Lukin



“One of my favorite foods is dry fish and salmon strips with Sailor Boy crackers because it keeps me full all day long. That with a cup of Hudson Bay tea after a day of ice fishing warms you right up and fills you at the same time. You can even cook the fish skin over camp fire – *Yummo!*”

Martha Turner, Nulato

Health and Cultural Benefits



- Traditional foods contain high levels of essential dietary nutrients.
- Contributes to physical, social and spiritual well-being.
- Traditional foods have been associated with better health outcomes.
- Used as medicine.

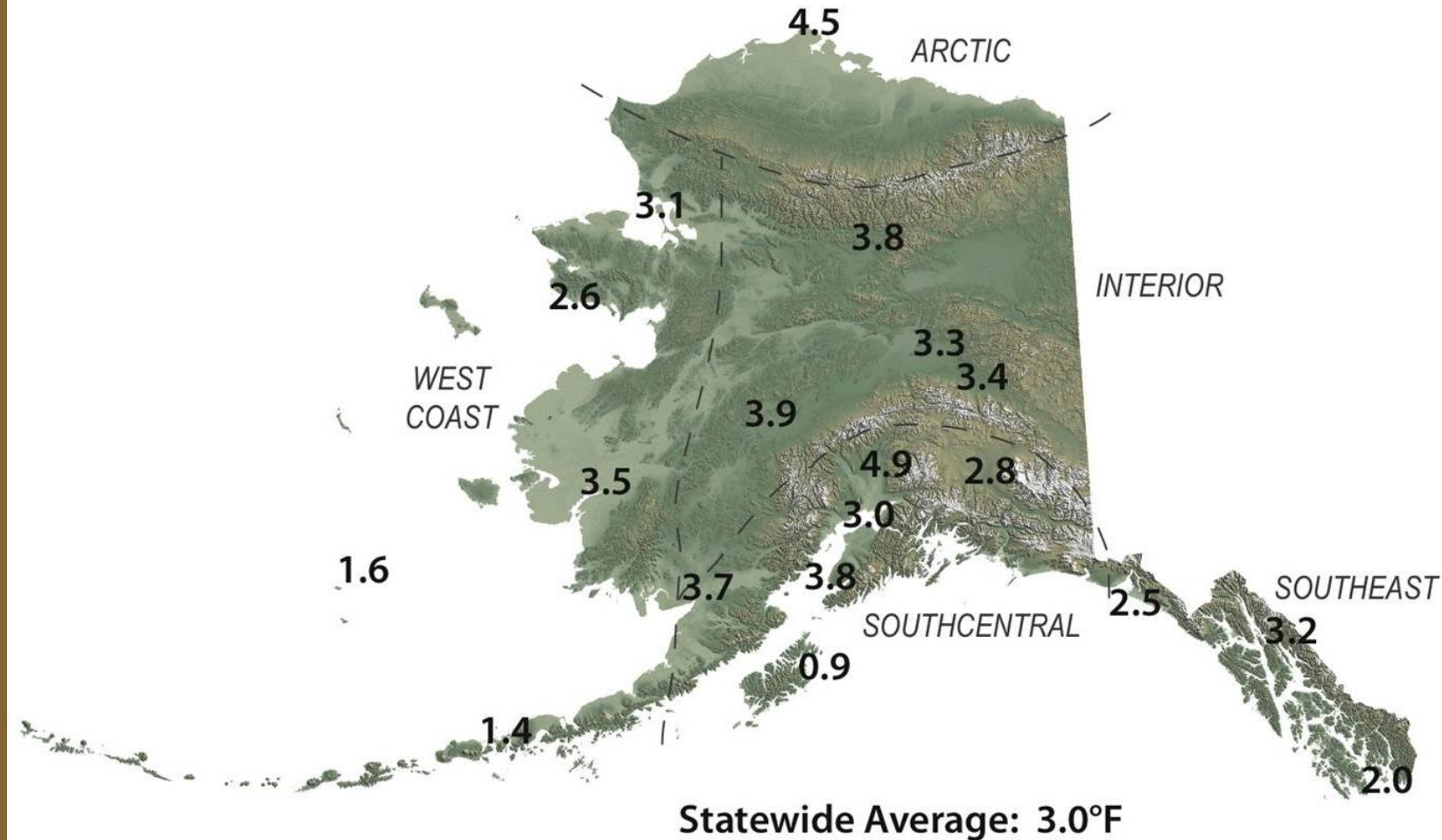




Challenges to Food Security



Total Change in Mean Annual Temperature (°F), 1949 - 2009



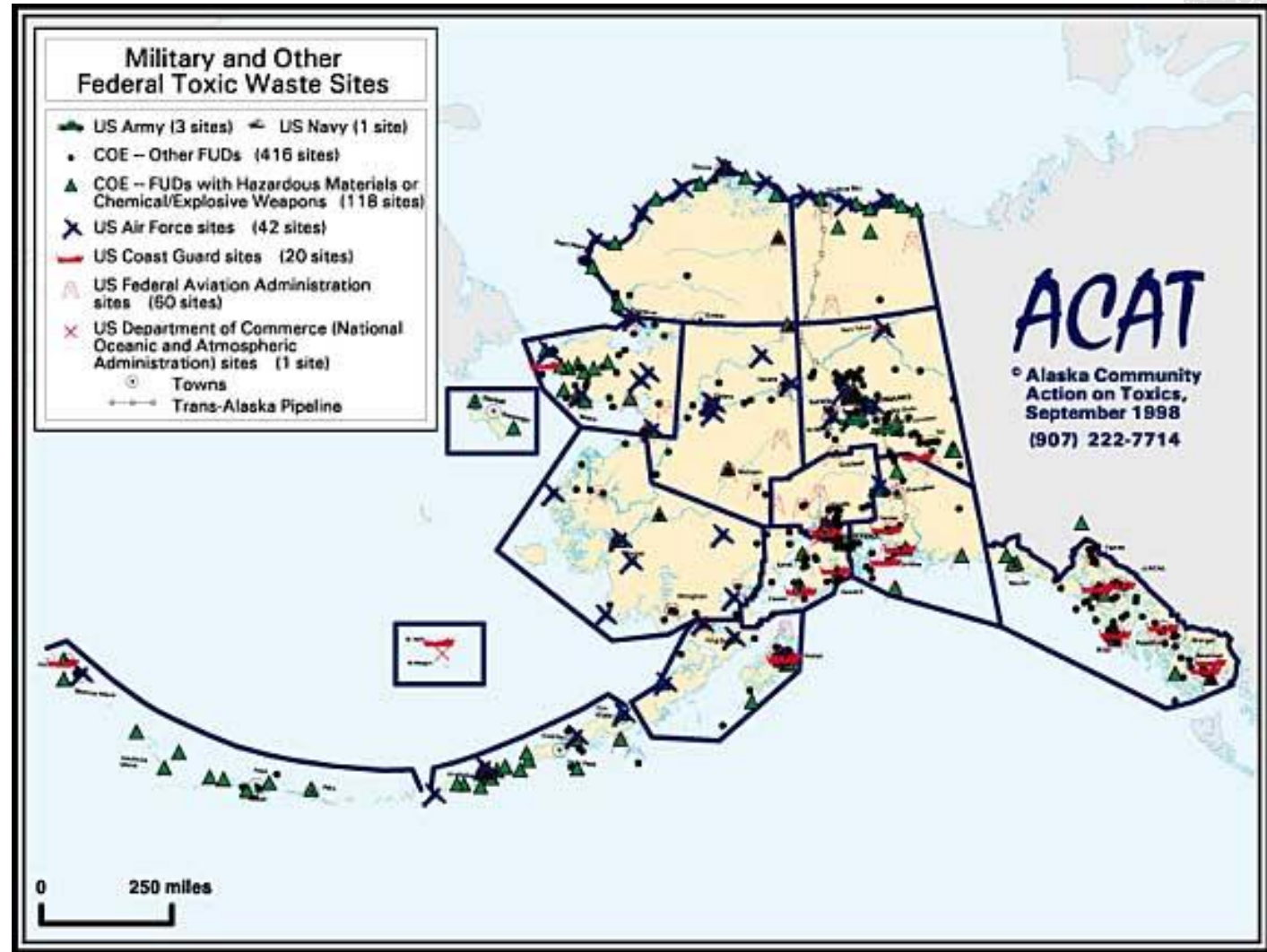
Alaska's Climate is changing

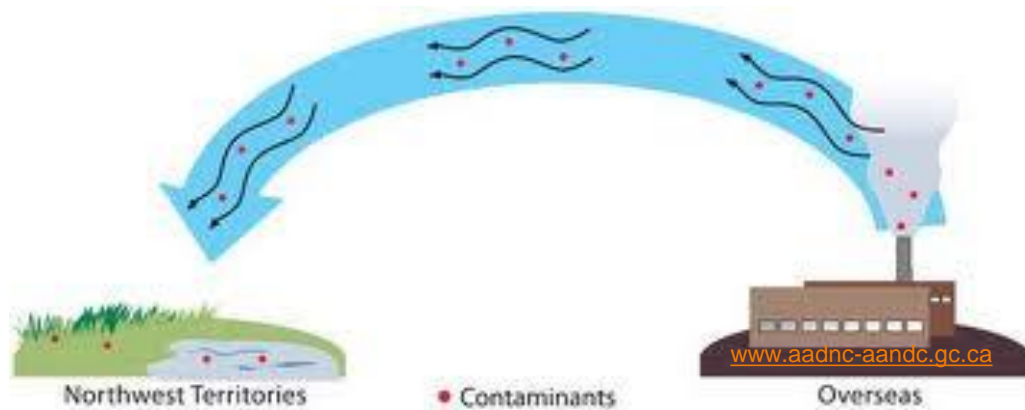
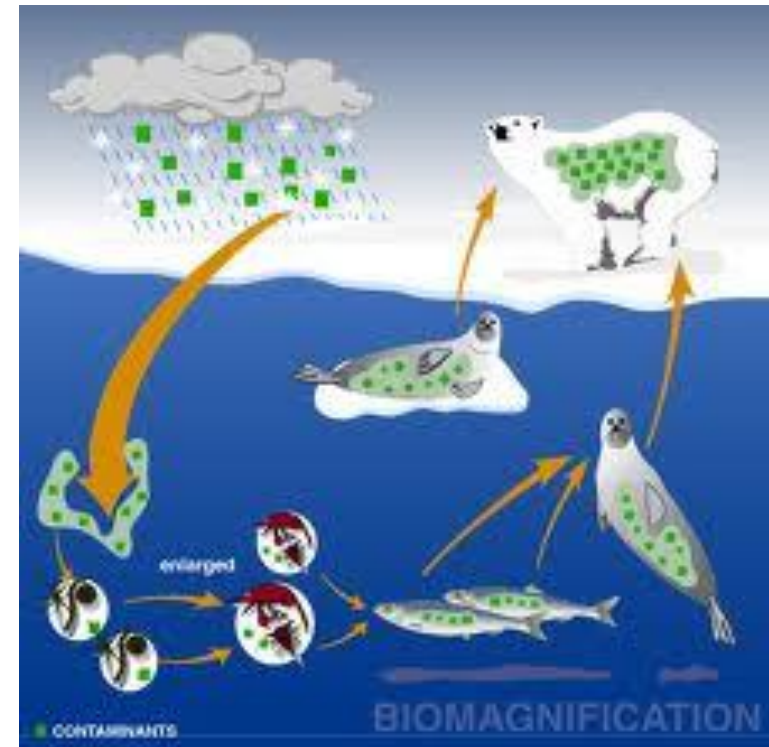
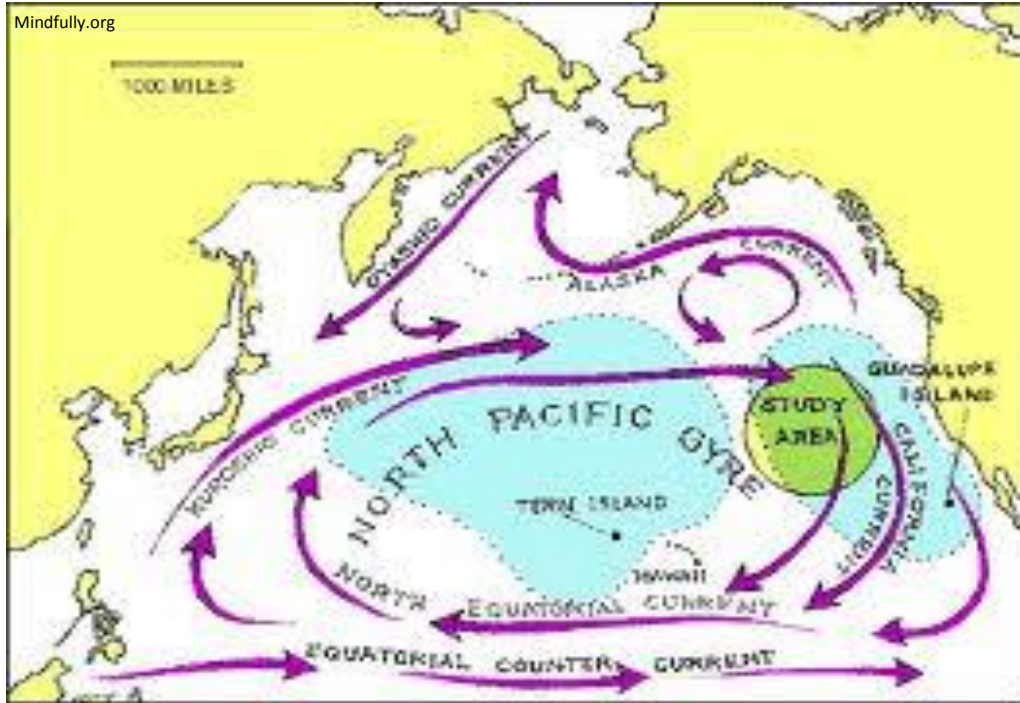




Change has brought challenges and uncertainty

Contaminants...







What Can We Do?



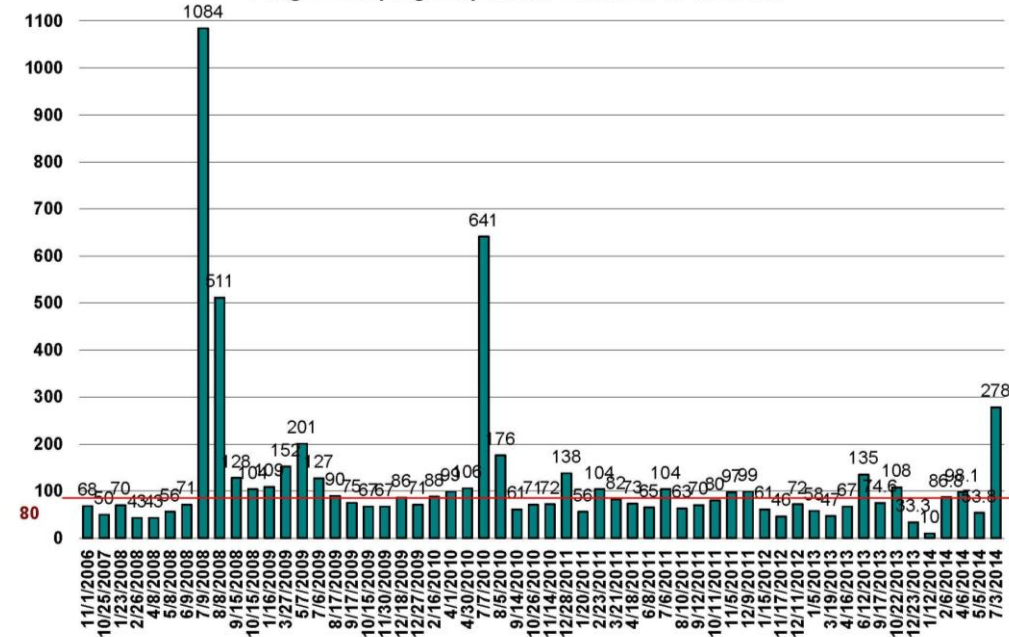
Document & Monitor



Photo: Norton Bay Watershed Council - Elim



King Cove (Lagoon) Butter Clams PSP Results



Understand Benefits & Risks

Alaska Native Traditional Foods - Benefits and Risks

For thousands of years, traditional foods have been an essential part of life for the Alaska Native people and continue to play a vital role in the sustainability of Alaskan communities. Commonly referred to as "subsistence," and foraged from the land and sea, these foods provide healthy nourishment, lead to increased physical activity and have significant cultural benefits.

Science and history have proven the substantial health benefits that traditional foods provide, however, changing climates, rapid development and contaminants are posing increased threats to the availability and safety of traditional food sources in Alaska.

This site aims to highlight the health benefits and potential risks associated with many of the traditional foods found throughout Alaska. By knowing the risks, people can continue to enjoy these healthy foods while taking measures to reduce exposure through proper gathering, storage, preparation and consumption.

The information provided on this site was compiled based on the review of numerous published works, publically available web resources and personal communication with subsistence food users and experts in the field. Additional resources and information will be added as it's available.

ANTHC Digital Story: Gathering Traditional Foods in Alaska



ANTHC Digital Story: Sharing the Knowledge, Sharing the Feast



1. Overview

2. Traditional Foods

- Beaver
- Birds
- Caribou
- Chiton
- Clams
- Crab
- Fish
- Hare
- Moose
- Seal
- Whale
- Wild Berries

3. Impacts

- Climate Change
- Contaminants
- Disease
- Store Foods

4. References

5. Education Resources

6. In The News

Sitemap



Questions and comments can be directed to Desirae Roehl, ANTHC Community Environment and Safety Department (907) 729-3496 or droehl(at)anthc.org.

<https://sites.google.com/site/aknativetraditionalfoods/>

Conclusion

- Alaska is still one of the most pristine places in the world.
- The benefits of eating traditional foods greatly outweigh most risk.
- We can work to ensure our foods continue to be healthy for generations.

