Indigenous Food Systems
Concept, Cases, and Conversations

Unlike any other resource on the market, this textbook addresses the disproportionate level of food insecurity in Indigenous rural, urban, and Northern communities across Canada. Offering diverse perspectives and experiences, _Indigenous Food Systems_ features contributions from practitioners, scholars, and researchers from across the country, including Métis, Migmag, Asatwiwse, Anishinaabeg, Tsartlip, and Cree Nations. Considering historical and contemporary challenges, contributors address the social and geographical barriers to food security that Indigenous communities face. The text proposes that food traditions are linked with not only individual nutritional health but also the future vibrancy of Indigenous cultures and traditions. Authors advocate for traditional seasonal food gathering, preparation, and consumption practices, and offer recommendations for the improvement of urban access to quality food sources. Offering case examples and reflection questions, this text is an in-depth, critical resource for students of food sovereignty, food security, Indigenous studies, anthropology, and sociology, as well as policy-makers and researchers.

Author Information
Priscilla Settee
**Priscilla Settee** is a Professor in the Department of Indigenous Studies at the University of Saskatchewan and is a member of Cumberland House Cree First Nations from Northern Saskatchewan.

Shailesh Shukla
**Shailesh Shukla** is an Associate Professor in the Department of Indigenous Studies at the University of Winnipeg. His research interests include exploring and promoting Indigenous perspectives and knowledge systems to improve food security, sovereignty, and well-being among Indigenous communities in Canada and globally.

Reviews

Table of Contents

Related Books
Research as Reconciliation
Shawn Wilson, Andrea V. Breen, Lindsay DuPré
Indigenous Research
Deborah McGregor, Jean-Paul Restoule, Rochelle Johnston
Feminist Food Studies
Barbara Parker, Jennifer Brady, Elaine Power, Susan Belyea
Determinants of Indigenous Peoples' Health in Canada
Margo Greenwood, Sarah de Leeuw, Nicole Marie Lindsay, Charlotte Reading

Available at:
https://www.canadianscholars.ca/books/indigenous-food-systems

To request a review copy:
info@canadianscholars.ca
416-929-2774