

WOULD YOUR ANCESTORS RECOGNIZE THE FOODS YOU EAT

Many of the foods around us today are made to taste good but do not properly fuel our bodies. Reclaim sovereignty over your food choices by choosing healthier traditional options.

Choose these alternatives.

Wild Turnips (tinpsila)

Wild Rice

Chokecherries

Wild Strawberries

Dried Corn

Buffalo

Deer

Fish

Mint Tea

Chokecherry juice



**FOOD AND WATER ARE THE
MEDICINES THAT HEAL OUR
BODIES**