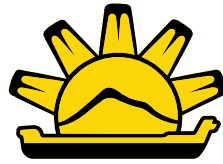


Food Sovereignty Strategy 2024

Malahat Nation | M'ÁLEXEŁ | ma'le-'h'xe'l'



Malahat

What is Food Sovereignty?

Food sovereignty is more than declaring that everyone should always have enough food. It is about **the Right to healthy and culturally appropriate food** grown in an ecologically sustainable manner. Additionally, it puts the needs of people who grow, harvest, distribute, and consume food above the needs of corporations (abbreviated from the Declaration of Nyéléni, 2007).

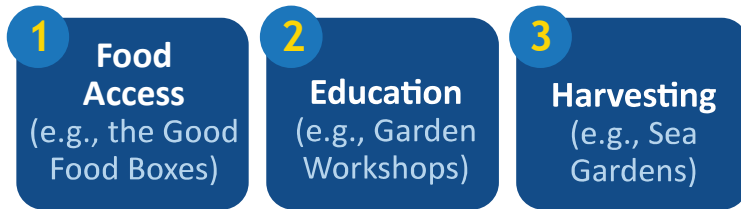
An important aspect of food sovereignty for Malahat Nation is the ability to practice and revitalize traditional harvesting and processing activities like hunting, crabbing, and smoking.

There are many barriers to mustimuhw participating in traditional harvesting as our ancestors did. This strategy works to address these barriers.



Where Are We Today?

As of 2024 we have three main types of food programs:



Here are some key concerns we've heard about our food systems:

- People are less interested in eating traditional food, even when available.
- It is expensive to have the equipment and time to practice our traditions
- The community is hilly, and it's not easy to access The Community Garden (Tsitsulh Siem)
- Fish and seafood populations are suffering from environmental changes

What Guides Us?

This strategy has used international best practices for food sovereignty to develop 6 guiding principles specific to our nation. They cover the following topics:

1. Environmental Stewardship
2. The Sacredness of Food
3. Intergenerational Knowledge
4. Leading by Example
5. Community Empowerment
6. Regional Collaboration

Where are We Going?

To determine our path forward, we've used the Guiding Principles to create four food sovereignty visions (qulquluthun).



These visions describe an achievable future and are represented by the branches of this salmon berry bush.

Each vision has two to three goals that outline a path to these futures. The flowering shoots of this plant, represent the strategy's goals (ma'it).

Finally, these shoots end in bright salmon berries illustrating the more detailed actions (snuqsin'). These can be found in the Implementation Plan.

How Will We Get There?

VISION 1 qulquluthun



Community desire for traditional foods will increase participation in local harvesting and processing.

Goal (ma'it) 1: Increase opportunities for mustimuhw of all ages to eat traditional foods.

Goal (ma'it) 2: Empower mustimuhw to share traditional harvesting knowledge and skills between families and generations.

VISION 2 qulquluthun



Healthy eating will be affordable for mustimuhw.

Goal (ma'it) 1: Reduce the cost to participate in traditional harvesting activities.

Goal (ma'it) 2: Increase the amount of food that MÁLEXEŁ can sustainably provide Members.

Goal (ma'it) 3: Reduce the number of food insecure households to zero.

VISION 3 qulquluthun

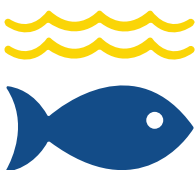


Mustimuhw will be able to access the facilities and equipment that enable food sovereignty.

Goal (ma'it) 1: Improve transportation to local food businesses and facilities.

Goal (ma'it) 2: Increase availability of food-related equipment and facilities.

VISION 4 qulquluthun



MÁLEXEŁ's stewardship will contribute to lands and waters where mustimuhw can harvest safely and sustainably.

Goal (ma'it) 1: Uphold MÁLEXEŁ's Rights to continually steward its traditional lands and waters.

Goal (ma'it) 2: Reduce the risk of mustimuhw eating contaminated local fish or seafood.