

# Siletz Indigenous Foods are important...

## for our health!

Elk, venison, salmon, and wild greens have more nutrition and are higher quality than beef, chicken, pork, and spinach. Spinach is called a "super food", but nettles are richer in nutritional value.

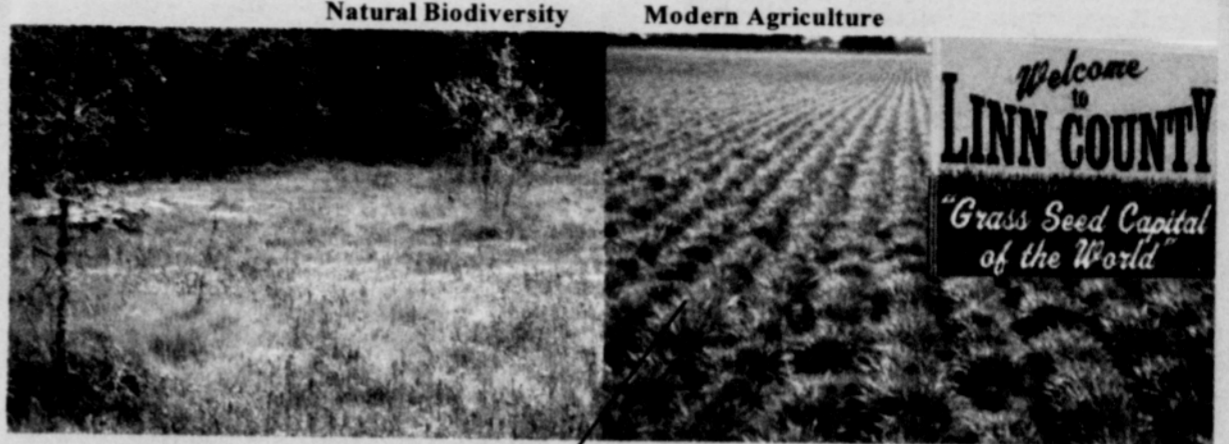


Spinach	vs.	Nettles
23	Calories	65
0.4g	Fat	0.7g
2.9g	Protein	5.5g
99mg	Calcium	481mg



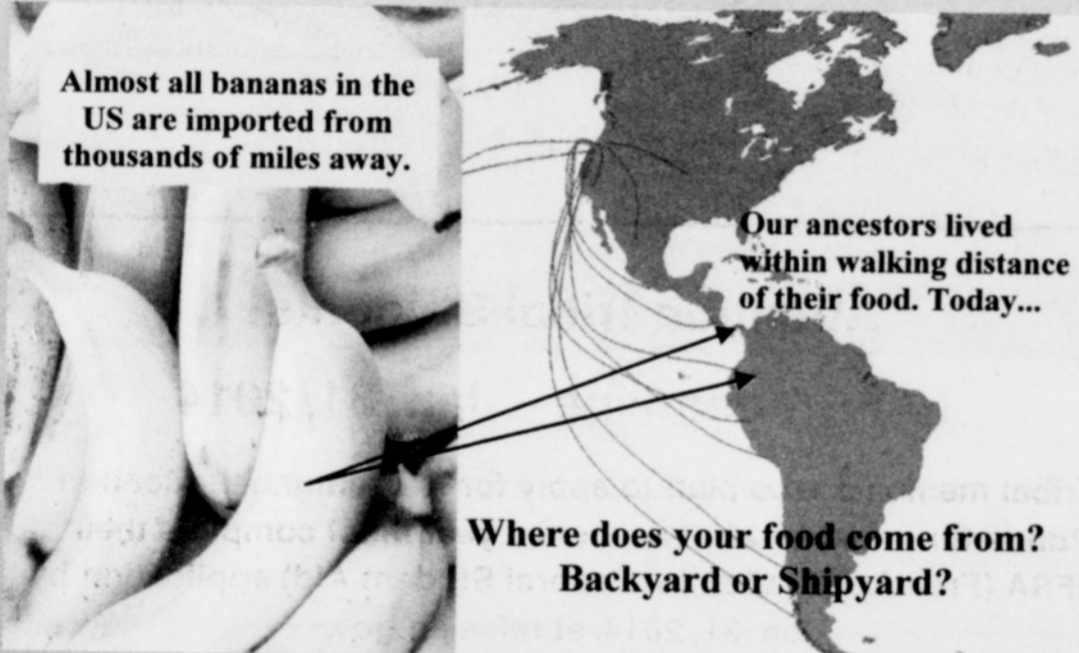
## for the land!

Natural land supports many types of plants and animals living in balance. Whereas, modern agriculture forces the land to produce only one type of plant or animal. Today, native plants are replaced by foreign plants and



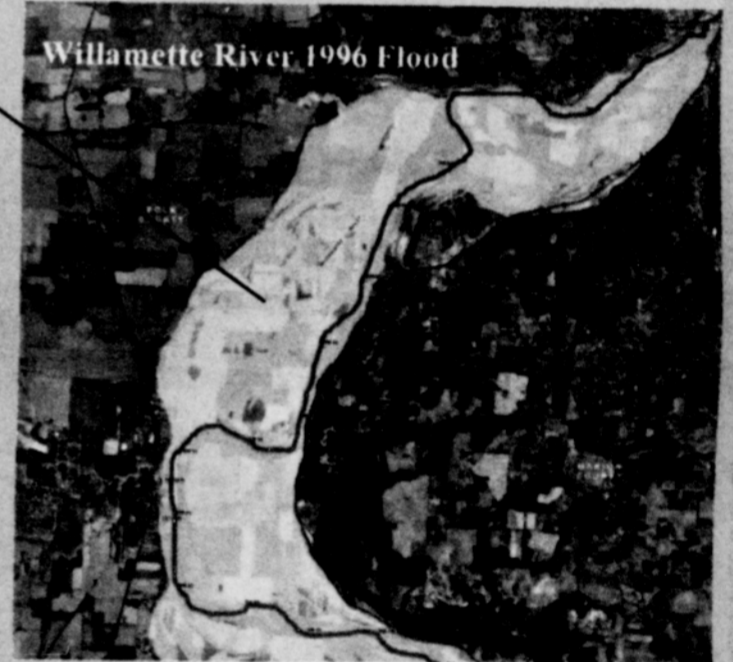
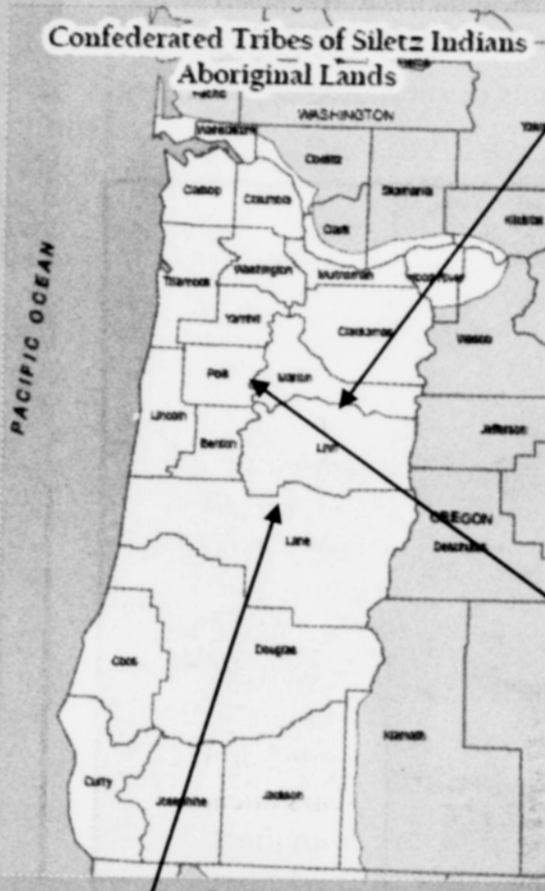
## for the climate!

Most of the foods we eat today come from hundreds, sometimes thousands of miles away. Which means our access to food is dependent oil; dependent on foreign countries and labor; and dependent on chemical treatment and synthetic fertilizers.



## for our survival!

Our wild indigenous foods survive floods, droughts and fire. Agriculture foods are weaker and depend on humans to care for and protect them. Today our population is dependent on agriculture. We value our cultural foods and knowledge our ancestors because their way of life has been tested for thousands of years.



Western Oregon used to be full of edible wild plants, elk and deer. Today, it is rare to see elk or deer in the valley and native plants are replaced by foreign plants.

## for our culture!

We practice our food culture everyday...and foreign and packaged foods dominate our culture. Traditional foods are endangered and we must practice our food culture if we are to protect our food and ensure the health of our people.



## for our future!

The Siletz Healthy Traditions project seeks to improve the health of Siletz Tribal members through educational activities which promote the use of traditional foods through hunting, gathering, gardening, cooking, food preservation and protecting our natural resources.

### Join the Healthy Traditions team!

For more information, see our Facebook page or contact Sharla Robinson, Healthy Traditions at 541-444-9627 or sharlar@ctsi.nsn.us

## for quality of life!

Our ancestors lived happy and healthy in our traditional ways. Today we are happy and healthy when we continue these ways of life.

