

# Blackfeet Food System Change and the Purpose of FAST Blackfeet

The United States has a horrific history with Native people- from acts of mass genocide of Native people to the tangled webs of systemic racism that still exist today. This timeline provides a brief overview of how this fraught relationship has played out in Native food systems over time - and what is possible as we move forward.

## Traditional Food System - Prior to Colonization

- Hunter and Gatherer Lifestyle
- Naturally Nutrient Dense Foods Buffalo, Wild Game & over 200 Plants for Food and Medicines
- Daily Exercise Incorporated to Life for Survival
- Natural Preservation Methods

## Introduction of Commodities and the Food Distribution Program on Indian Reservations (FDPIR)

- US Government Created New and Additional Forms of Forced Food Reliance
- Foods such as Flour, Sugar, Oil, Syrup, Beef, Cheese
- Less Nutritious Foods that were High in Sugar, Salt, and Fat

## Cultural Reclamation - Establishment of Organizations like FAST Blackfeet

- Returning to Traditional Foods
- Connecting with the Land
- Empowering People through Education and Advocacy
- Creating Sovereign and Sustainable Food Systems



## Loss of Land, Knowledge, and Food Access - Beginning of US Government Rations

- Near Extinction of the Buffalo and Widespread Starvation
- Blackfeet Reservation Boundaries Established in 1855
- Introduction of Forced Reliance on Limited Government Rations that were often Taboo Foods for the Blackfeet, or Rotten and Moldy
- Forced Family Separations Disrupted Maintenance of Traditional Food and Plant Knowledge, including Breastfeeding

## Food Insecurity

- Lack of Access to Healthy and Culturally Relevant Foods
- High Health Disparities like Diabetes, Heart Disease, Obesity



**FAST Blackfeet: Our vision is a healthy, strong, and food secure Blackfeet Nation.**

To learn more about how you can support the efforts of FAST Blackfeet and other organizations that are working to improve the health and nutrition of Native people, check out our website at [www.fastblackfeet.org](http://www.fastblackfeet.org).