



# What food issues are important to the Tribal Communities of San Diego County?



In the summer of 2020, as part of [San Diego County Food Vision 2030](#), San Diego County residents answered a few survey questions to express their unique needs and aspirations related to food in their communities. We're excited to share what we heard from members of the Tribal communities of San Diego County.

## OVERVIEW

What food issues are most important to you?

### TOP ISSUES

- Supporting local/tribal farms
- Providing nutrition education to families, children, and elders
- Reclaiming cultural and spiritual identities through food sovereignty
- Finding healthy, affordable, and traditional foods
- Access to gathering sites/locations

I would like to see more \_\_\_\_\_ in my community

### TOP SELECTIONS

- Community gardens
- Farmers' markets
- Local/Tribal owned food businesses and restaurants
- Cooking classes
- Garden education

## ACCESSING HEALTHY FOOD

Do you face any challenges in getting healthy food?

**65%** of respondents answered 'yes,' they face challenges in getting healthy food

What challenges do you face in getting healthy food?

### TOP CHALLENGES

- Few healthy food options
- Lack of traditional food education classes and materials
- Limited time to shop & cook food
- Limited options for fresh produce

## ACCESSING TRADITIONAL FOOD

Do you face any challenges in getting traditional foods?

**73%** of respondents answered 'yes,' they face challenges in getting traditional food

What challenges do you face in getting traditional foods?

### TOP CHALLENGES

- Lack of traditional practices to care for the land (i.e. Burning, cultivation)
- Limited knowledge of procuring/cultivating traditional food sources
- Limited time to harvest & cook food

## FOOD ISSUES AT SCHOOLS

Are you interested in food issues at schools?

**77%** of respondents answered 'yes,' they are interested in food issues at schools

What issues are most important to you at schools?

### TOP ISSUES

- Fruits & vegetable options
- Healthy drink options
- Nutrition & community education in the classroom

GROWING FOOD

Are you interested in gardening or growing your own food? **91%** of respondents answered 'yes,' they are interested in growing their own food

What support would be helpful with gardening or growing your own food?

**TOP RESOURCES**

Plant knowledge & education (tips, how-tos, classes, videos, etc.)

Time & energy

Gardening supplies

GATHERING AND HARVESTING

Are you interested in gathering and harvesting? **86%** of respondents answered 'yes,' they are interested in gathering and harvesting

What support would be helpful with gathering and harvesting?

**TOP RESOURCES**

Plant knowledge & education (tips, how-tos, classes, videos, etc.)

Access to tools needed to harvest & process

Educational workshops with native practitioners

SHAPING FOOD DECISIONS

Are you interested in playing an active role in shaping food decisions in your community? **80%** of respondents answered 'yes,' they are interested in playing an active role

What resources would be most helpful?

**TOP RESOURCES**

Access to teachings from Native food and medicine practitioners

More education

Community partners

ASPIRATIONS FOR FOOD IN TRIBAL COMMUNITIES

Within the next 10 years, what is one hope that you have for food in your community?

**FOOD SOVERIEGNTY**

- "That we grow our own vegetables and have access to hunting areas and freshwater."
- "I hope we have more food options. It would be great if we can grow and harvest some of the food that we eat. Reintroducing a traditional diet is good for us in so many ways. I hope that in 10 years, traditional and healthy options are part of our everyday lives again."
- "Food is a love language where I come from. It is a way of sharing yourself. Everything you stand for and everything that raised you can be tasted in one bowl of stew or beans. Food is an ancestor we fail to acknowledge constantly."
- "The importance of food sovereignty is equivalent to the meaning of life. In my opinion, healthy development of communities cannot be achieved without healthy food culture."
- "I would love to see us reclaim our indigenous food and make it a common cultural practice again to gather and eat as a community. I would like to see tribally owned and operated farms and our people learning how to grow food."

TRADITIONAL KNOWLEDGE

- "I wish there was also more classes on ways to store and preserve the foods grown and collected."
- "That we all should help each other in need. Have classes/trainings to grow our own food because we have lost it in these modern times."
- "More knowledge and access to traditional food sources."
- "Many people are curious and want to learn about harvesting, cooking and overall prep of traditional foods. Having a guide to set that up is what is needed."