



Indigenous Peoples' Food Systems at the Climate– Food–Health Nexus

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Why Indigenous Food Systems Matter

- Food systems are relational, place-based, and culturally grounded
- Connect land, water, health, and identity
- Central to wellbeing and self-determination
- Indigenous Peoples food system are sustainable
 - they have sustained people for 1000's of years
 - Lands managed by Indigenous Peoples have carry high biodiversity (Ferández-Llamazares et al., 2024. Nature)

Climate Change and Indigenous Food Systems

- Indigenous People rely on their local environment to meet their food and income needs
- Altered seasons and unpredictable weather
 - Impacts access and availability of crops, fish, hunting and wild foods.
- Extreme events affecting harvesting and storage
 - Unsafe to fish during heavy rainfall; drought increase water temperature affecting fish population and size
- Ecological degradation impacting food sources
 - Deforestation accelerate soils loss, flooding, loss of wild foods



Impacts on Health and Well-being

- Nutritional impacts of Reduced food availability and dietary diversity
- Increased time and effort to secure food and water
- Increased safety risks with hunting and fishing
- Increase incidence of communicable disease
- Barriers to accessing healthcare
- Mental health impacts

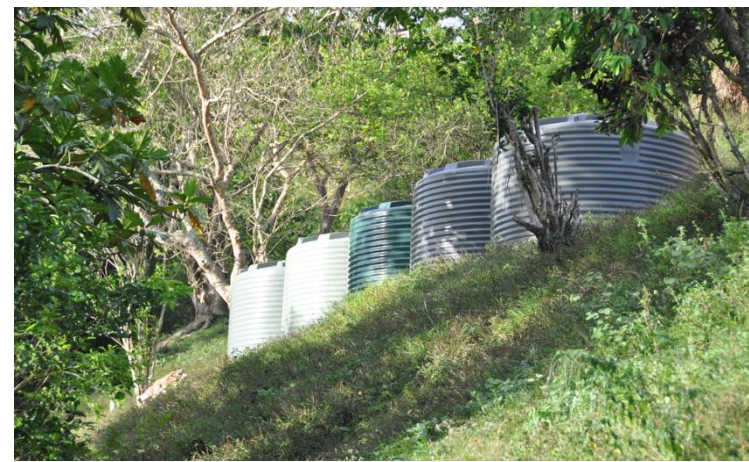


Food an Act of Caring and Sharing

- Planting, harvesting, preparing, food to share
- Transmission of food knowledge
- Food as care and responsibility



Adaptation Within Indigenous Food Systems



- Community-led responses to change
 - Water tanks in Fiji,
 - Healthy Schools Foods with the Food and Agricultural Organisation (FAO)
- Adjusting food practices and diets
 - Combining traditional and store foods
 - Changing planting and harvesting times in response to weather
- Maintaining and sharing knowledge
 - At home and school, starting young
 - When new brides come to live in the village



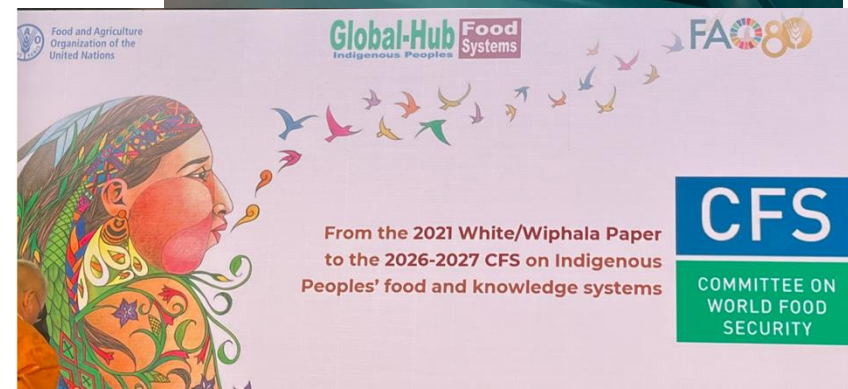
Rethinking Food Systems

- Limits of productivity-focused frameworks
 - This current think has us exceeding planetary boundaries and is not sustainable
- Importance of care, reciprocity, and relationships
- Indigenous perspectives offer alternative pathways



Policy and Practice Implications

- Indigenous People need to be engaged at the decision-making table for food systems and climate adaptation
 - FAO World Food Forum –Global Hub
 - Wiphala Paper
 - FAO Indigenous Peoples museum storing and sharing Indigenous knowledge.
- Support Indigenous-led food initiatives



Key Takeaways

- Indigenous food systems are central to resilience
- Climate change reshapes daily food practices impacting health and well-being
- Indigenous Peoples must be part of the decisions on future food systems



Nadiri Youth Group restoring the reef to increase food security