



Artist Corey Begay, Diné

Take time to reflect



What foods do you consider traditional, or even sacred, to your heritage?



Do you have access to these foods?



Reflect on your food traditions.
How do they help you express who you are/who your family is?

How would planting and harvesting your own crops impact your relationship to food?

What are some foods from cultures outside of your own that you enjoy?

How can you learn more about another culture's relationship to food?

A note from the artist, Corey Begay: Native art and creativity comes from our lifestyle more so than doing it for commercial use. Patterns, jewelry, imagery, and tools are given to Indigenous People from the natural world, tied with prayer and ceremony. When this imagery is duplicated outside of its origin without respect or knowledge it is appropriation. Both Native and non-native people can help by taking care of this knowledge and lifestyle.