

MVNETTVLKE

"MVSKOKE YOUNG PEOPLE"

COMMUNITY FOOD PROJECT / SARE PROJECT

With knowledge and guidance from Mvskoke elders, MFSI offers *mvnettvlke* opportunities to learn about Mvskoke food ways. Indoor and outdoor "kitchen" classrooms offer teachings related to cooking foods such as *osafke*, a Mvskoke corn drink, and burning pea hulls for culinary ash used in making *cvtvhaky*, 'blue dumplings.' Outings to Muscogee Nation tribal lands and privately owned Mvskoke



family allotments teach youth how to hunt squirrel and identify natural resources such as *weso* 'sassafras' and tree timber that is used for making *kvpecvfke*, *osafke* 'lye' as well as tools for hunting and cooking.

BEGINNING FARMERS & RANCHERS PROGRAM

MFSI is a partner of the Kerr Center for Sustainable Agriculture Beginning Farmers and Ranchers Program. The youth aspect of MFSI work under this program is working with local communities to get young people interested in projects such as raising vegetables, cows, or hogs, which can earn them income that may be saved for college. Such projects are also related to the other component of MFSI work under this program, which is youth development with a focus on plant and animal science through supporting and promoting local 4-H clubs.

Our Mission

MFSI is dedicated to enable the Mvskoke People and their neighbors to provide for their food and health needs now and in the future through sustainable agriculture, economic development, community involvement, cultural and educational programs.

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MFSI YOUTH

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"MVSOKOKE YOUNG PEOPLE"

Mvskoke Food Sovereignty Initiative programs for mvnettvlke 'young people' contribute to youth development through offering knowledge of Mvskoke ways. Such patterns of behavior are guided by Mvskoke value systems that are interconnected with the natural world.

Ancient stories offer reverence for sustenance given by Mvskoke Corn Grandmother and our ceremonial ways still acknowledge this gift today. Because we are guided by these beliefs and practices it is important for us to help young people make connections with elders. Our grandmothers and grandfathers offer the invaluable gift of wisdom, language, and stories related to our reverence for water, earth, trees, plants, and animals. We believe that perpetuating these ways through offering knowledge related to awareness of the natural world is the foundation for growing healthy children. Handing down traditional teachings and skills that connect our young people with the earth as important to the spirit as eating healthy foods are to the body.

MFSI does this through elder sharing that enables young people to learn about food ways that are tied to Mvskoke identity, spirituality, and wellness through supporting education that is traditionally offered at the level of clan, family, tribal town, church, and community.



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MFSI presents educational programming related to healthy, sustainable, and indigenous food ways, as well as Mvskoke language and material culture. Each month MFSI is given the opportunity to share such knowledge with around 50 elementary school

children that participate in an Indian Health Care Resource Center (IHCRC) after school program at Park Elementary in Tulsa. Programming also includes the preparation of healthy, traditional meals accompanied with presentations that show youth what good food choices may include during IHCRC special events and summer camps at Park.

