

# **WATER, FOOD AND INDIGENOUS CULTURE**

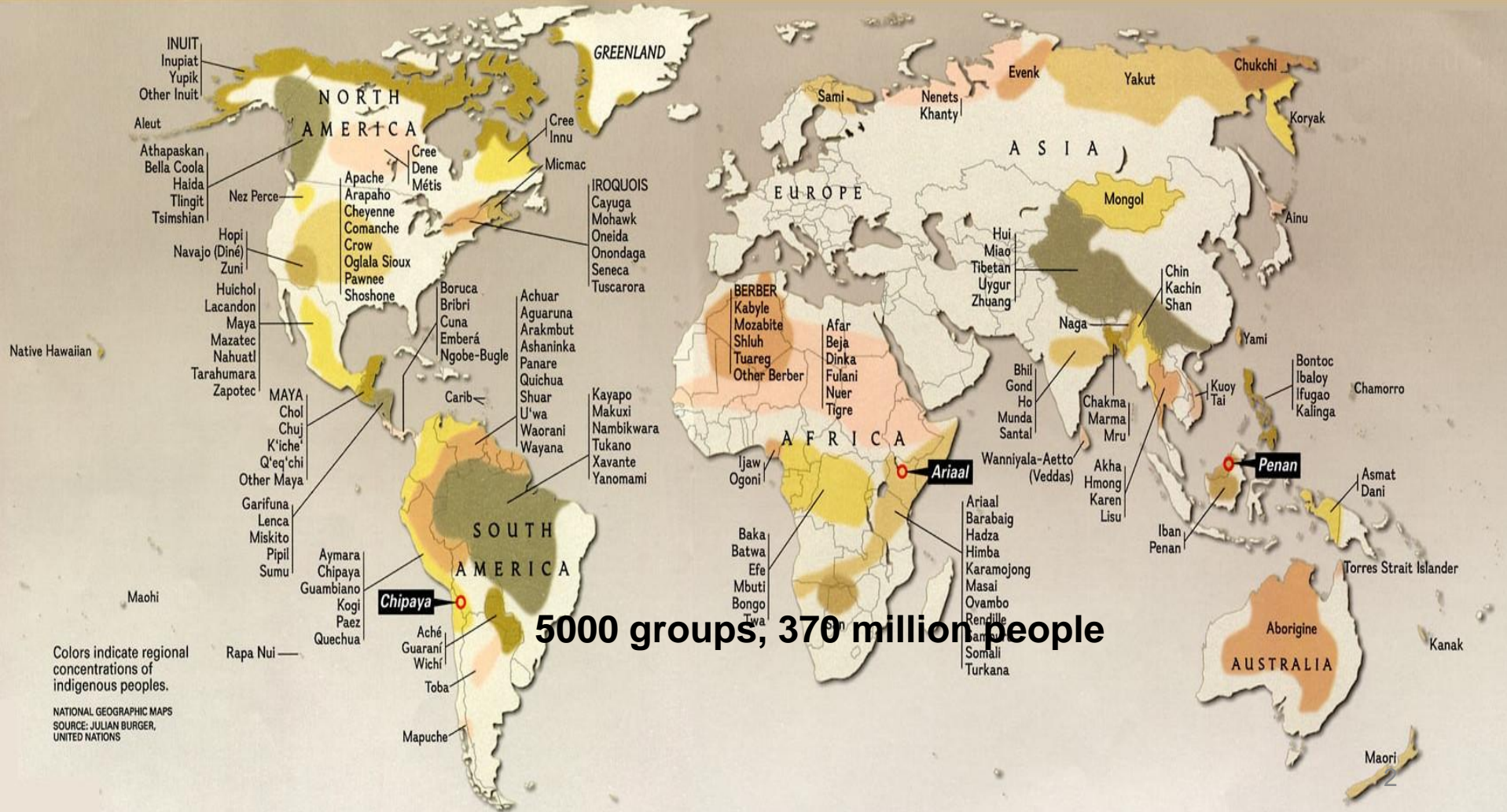
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# Indigenous peoples of the World





# Indigenous people (UN definition)

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- Self- identification as indigenous peoples at the individual level and accepted by the community as their member
- Historical continuity with pre-colonial and/or pre-settler societies
- Strong link to territories and surrounding natural resources
- Distinct social, economic or political systems
- Distinct language, culture and beliefs
- Form non-dominant groups of society
- Resolve to maintain and reproduce their ancestral environments and systems as distinctive peoples and communities.

# Indigenous people of the Russian Arctic



# Cultural values of indigenous people

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Indigenous	Western
1. Harmony with nature	1. Domination of nature
2. Soul and body united	2. Soul and body are divided
3. Feelings are important	3. Feelings must be rationalized
4. Education from the elders	4. Educations from the professionals
5. Leaders serve the people	5. People serve the leaders
6. To be > to have	6. To have > to be

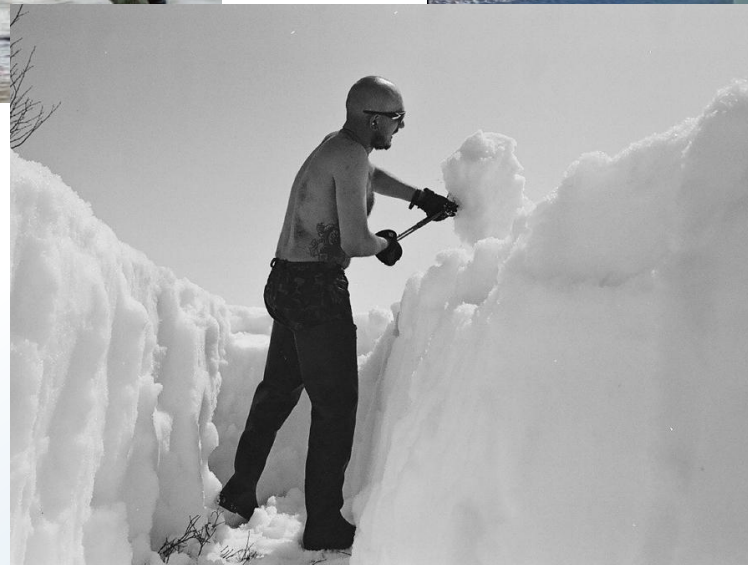
# Sources of water in the Arctic

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- Rivers
- Lakes
- Snow and ice
- Rains

# Sources of drinking water in the Arctic

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# Indigenous values of water

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- Water is source of life and food
- Water is health
- Water is communication (logistics)
- Water is home of spirits (religion and spiritual value)



# Role of sacred places

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- 1) Places of sacrifice to the gods near the settlements
- 2) Revered hills
- 3) The revered islands, including temporary ones (with a decrease in the water level in the river)
- 4) Sacred sites of rivers (a whirlpool where the “spirits-owners” live)
- 5) Forbidden territories (where “spirits dangerous for people” live), incl. water reservoirs. There you can not walk, harvest, make noise, fish and hunt, go ashore.



We know 718 sacred places in Arctic Russia, including 87 burial places, 177 places are protected by the state.

# Food values of Arctic indigenous people

Indigenous	Western
1. High animal proteins and fat (non-processed)	1. Refined sugars, fat and processed meat
2. High consumption of fish, low – carbohydrates (< 30%)	2. High consumption of carbohydrates (> 60%)
3. Food security is low	3. Food security is high
4. Berries, mushrooms, plants – sources of vitamins and minerals	4. Food supplements (artificial)
5. Food is a source of life	5. Food is energy and health
6. Spiritual value of food	6. Food is pleasure

# Use of natural plants

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## Traditional Plant Foods of Indigenous Peoples of Canada and Neighboring Areas

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Major Plant Grouping	Approximate Number of Species Documented as of 1990
Seaweeds (Marine Algae)	20
Lichens	10
Mushrooms and other Fungi	20
Ferns and Fern-allies	15
Conifers (Gymnosperms)	25
Flowering Plants - Monocotyledons	60
Flowering Plants - Dicotyledons	<u>400</u>
<b>TOTAL</b>	<b>550</b>

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# Exotic and unsafe examples of Arctic indigenous food

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## NENETS:

- FRESH REINDEER MEAT AND BLOOD (“AIBURDAT”)
- STROGANINA
- KOPALHEM (KOPALHEN, KOPALHYN, KOPALGYN, KOPALHA, IGUNAK)

## CHUKCHI

- VENISON
- DEER BRAINS
- PREREM
- RILKYN
- MONTAK / MANTAK (FIRST CHEWING GUM)
- RILKEIL
- KOLOBKI OR TOLKUSHA
- KIVIAK
- SECRET DISH “FOOD FOR LOVERS”



# Fresh reindeer meat and blood (“uibarat”, “aiburdat”)

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# Fermented and stored reindeer meat, seal or walrus “Kopalkhen”

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Caught seal or walrus are cut into large chunks with the skin (up to 80 kg) and is dug into the ground. The pit is preliminarily layered with plants that add flavor to the dish. In six months the dish is ready (Chukchi).

Reindeer is usually stored into the deep swamp.



# Fresh frozen fish and meat “Stroganina”

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## Health impact and food changes

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- Obesity (fast food, high consumption of CH)
- Diabetes (refined sugars and high consumption of CH)
- Alcohol abuse( supported by high consumption of CH, low consumption of non-processed meat and fish)
- Urban life (economic, cultural and mental deprivation, hypo-dynamics, obesity, stress, depression alcohol and drug abuse, suicidal behavior).



# Literature

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**Thank you  
for attention!**

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