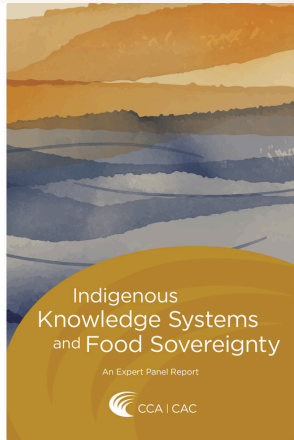


Indigenous Knowledge Systems and Food Sovereignty

An expert panel report



Indigenous knowledge systems (IKS) support pathways to stronger food sovereignty and better decision-making. When food systems are healthy and self-governing, they generate social, environmental, and economic benefits for all people in Canada.

Indigenous Knowledge Systems and Food Sovereignty examines the tools and strategies available for transforming policy and governance in ways that advance Indigenous priorities and bridge western and Indigenous knowledge systems.

The report identifies three phases for bridging knowledge systems in policy and governance:

Phase 1: build the foundation

Western systems can build a foundation for connection by working on creating safe, secure, and supported opportunities or engagement

Phase 3: build a bridge

Choose a method that works for both sides

Phase 1: build the foundation

A foundation for engagement is sustained through the mutual reinforcement of healthy and sovereign Indigenous food systems and healthy and empowered Indigenous knowledge systems

Phase 2: develop a relationship over time

Start the conversation

Identify shared priorities

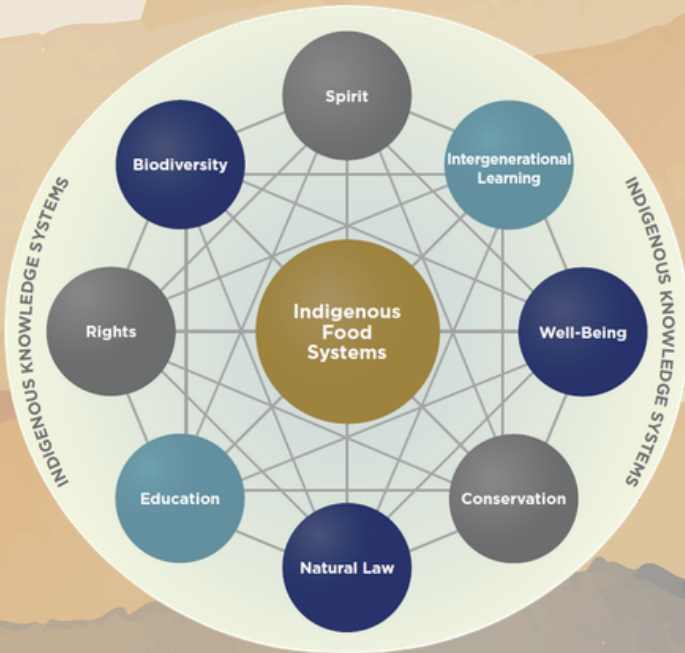
Respect sovereignty

-  Different bridging approaches are appropriate for different contexts
-  Best practice for any situation is one that is co-developed, co-managed, and co-governed
-  Bridges can solve specific challenges, but foundations and relationships are sustained through ongoing effort



An opportunity to showcase leadership

Indigenous-led stewardship and governance create significant opportunities to **strengthen food systems**, restore ecosystems, and advance environmental management practices across Canada.



Dimensions of Indigenous Food Systems

IKS and Indigenous food systems are mutually sustaining—policies that support knowledge systems inherently strengthen food systems.

Co-governance enhances access to traditional foods, and Indigenous-led stewardship sustains food-producing ecosystems.

Policy that advances Indigenous well-being, sovereignty, and cultural resurgence supports key pillars of healthy Indigenous knowledge and food systems.

➤➤➤ Access to Lands and Waters, culturally safe foods, and traditional harvesting practices sustain the **well-being of Indigenous Peoples**.

➤➤➤ Reciprocity, respect for Indigenous laws, and legitimate decision-making authority advance **Indigenous sovereignty**.

➤➤➤ Prioritizing Indigenous ways of being, knowing, and doing actualizes **cultural resurgence** for future generations.

