



Food Sovereignty and Health

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Hilltop Urban Gardens

253 MCI Coalition

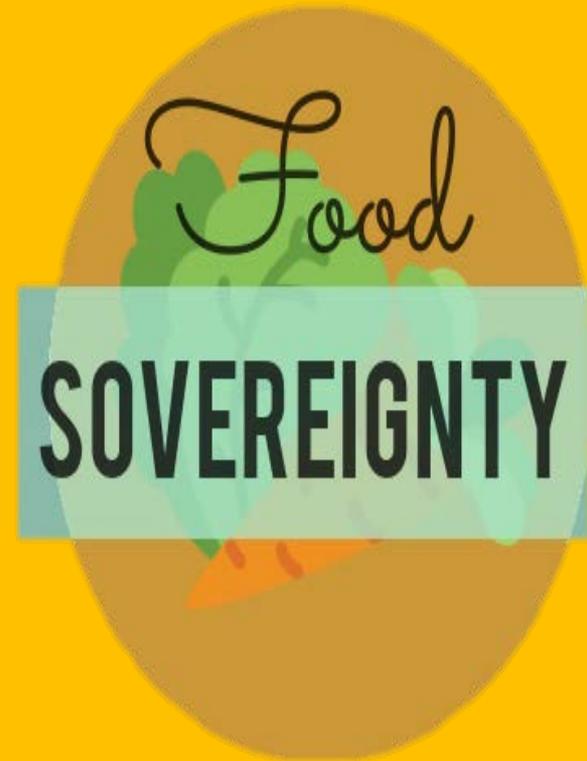
FOOD SOVEREIGNTY

Food Sovereignty is when people exercise the proliferation of healthy and culturally appropriate food that is produced through ecologically sound and sustainable methods inherited from traditional ecological knowledge of first nations and diasporic indigenous communities.

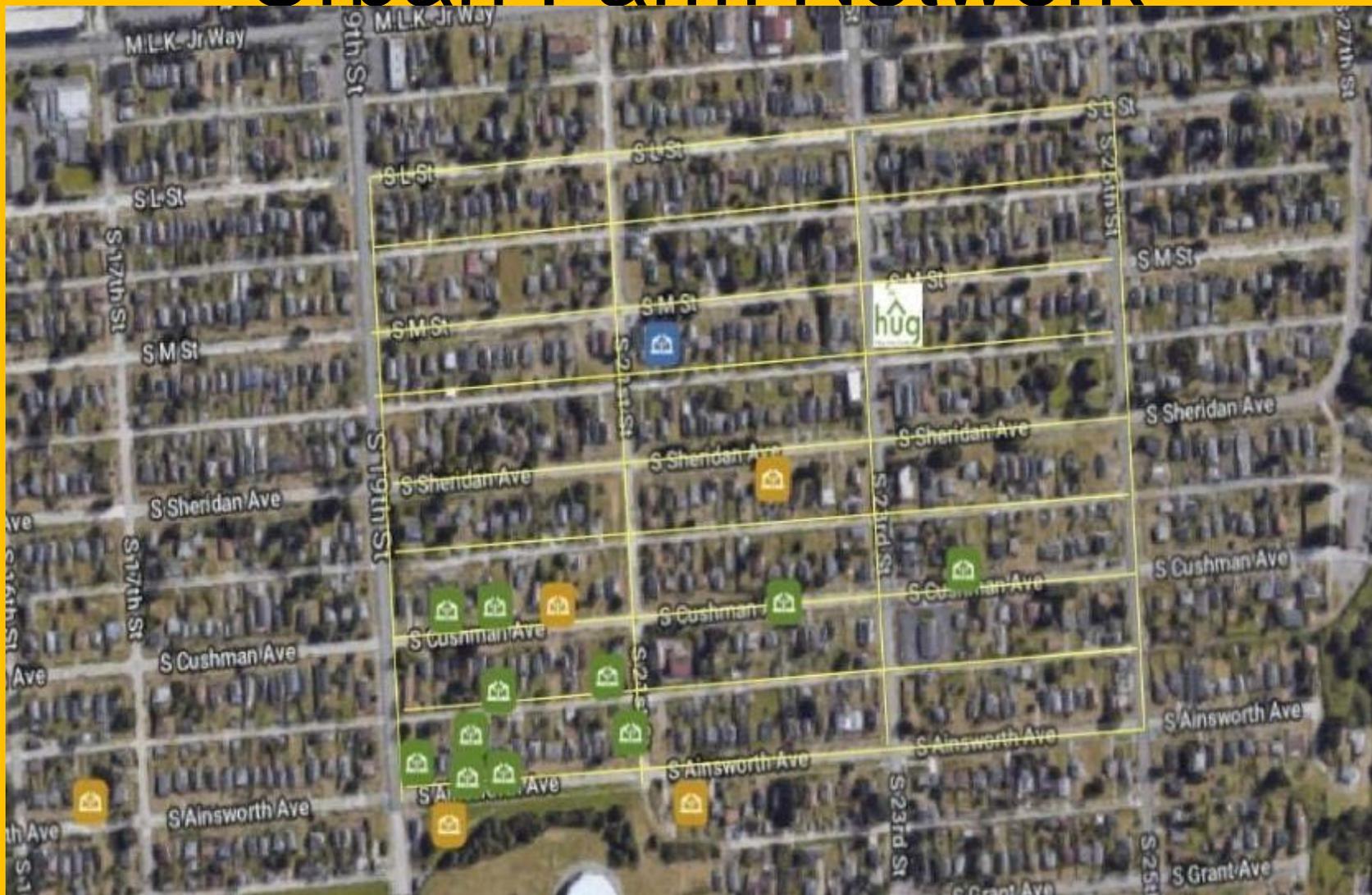
A primary goal of food sovereignty is to de-commodify food. We fight to improve farming practices and production relations within the existing food system and we build social solidarity economies to maintain our emerging alternative practices.

Some Examples:

- HUG Urban Farm Network
- Revitalization and Preservation of First Foods and Medicines
- The Black Mycelium Project



Hilltop Urban Gardens – Urban Farm Network



253 Making Connections Initiative

Our coalition consists of community members who believe that we have the power to heal and thrive together. We work at the community level to improve our collective mental health and wellbeing.

We work to center men, boys and LGBTQ people of color, to mobilize and unite communities of color and to engage multi-sector entities and the surrounding communities in Hilltop, Eastside Tacoma and Springbrook.

Together we strive to:

1. Strengthen Social Connections among our focus population
2. Improve Access and Utilization of Quality Resources among our focus population
3. Improve Civic Engagement among our focus population.



Food Sovereignty, Mental Health, and Wellbeing

- Rebuilding community in context of displacement
- Reconstructing placeways for diasporic communities
- Breaking Down Isolation

- Growing our own food

- Re-connecting to the Land
- Centering and valuing Traditional Ecological Knowledge



Making Connections for Mental Health and Wellbeing with LGBTQ People of Color

- Improving access to HIV testing and education with LGBTQ folks and Community
- Working to end stigma in the community
- Creating affirming social spaces as a prevention tool
- Educating Service Providers on LGBTQ issues



Asks

- Recognize and acknowledge that the most impacted communities are the most capable of leading real solutions to mental health and wellbeing in our communities.
- We need large institutions and foundations to join us by investing in and following grassroots leadership in an authentic way, and avoiding the creation of distrust and competition within communities.
- In a polarizing world, it is crucial to defend our diversity and autonomy.