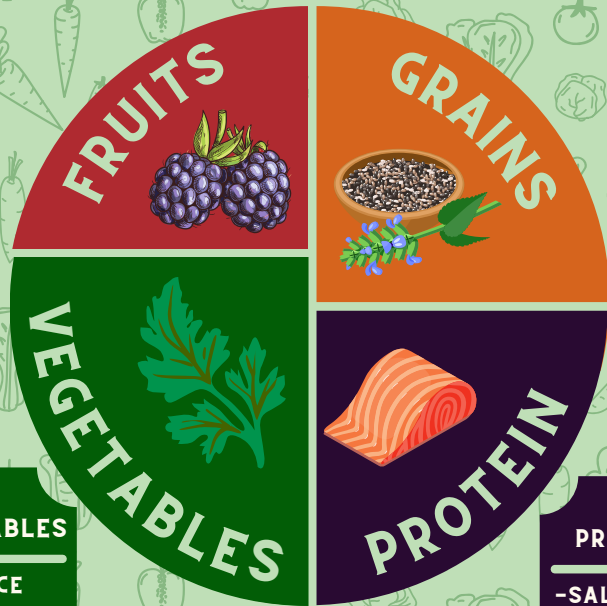


CALIFORNIA INDIAN MUSEUM & CULTURAL CENTER

MY CALIFORNIA NATIVE PLATE



WATER

DRINK
WATER
INSTEAD OF
SUGARY
DRINKS

- FRUITS**
-
- BLACKBERRY
 - MANZANITA
 - ELDERBERRY
 - ROSE HIP

- VEGETABLES**
-
- LETTUCE
 - MUSHROOM
 - ROOTS
 - SEAWEED

- PROTEIN**
-
- SALMON
 - ABALONE
 - ACORN
 - ELK

- GRAINS**
-
- CHIA
 - YAMPAH
 - SAGE
 - SEEDS

MY CALIFORNIA NATIVE PLATE

BE ABUNDANT IN HEALTH

Our foods come from the coast, valleys, lakes, mountains and deserts across California. Individuals and families can harvest from local reserved and shared areas to fill half your plate with fruits and vegetables and the other with grains and a protein. Use your plate as a guide to help you eat in a healthy and traditional way.

Tribal ecological knowledge will serve to improve our health while contributing to environmental stewardship and sustainability.

Please visit www.cimcc.info for additional resources on identification, harvesting, processing, storage and preparation of California traditional foods.

Let's remember to stay active, stay hydrated and integrate traditional foods into our daily lives.



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AND NUTRITION

EDUCATION | TRAINING | ADVOCACY | EVALUATION