

# Decolonizing the Diet: Towards an Indigenous Veganism?

CHID 480 A



A decolonial food movement in the Americas based on the four Indigenous principles of responsibility, respect, relationship, and reciprocity has cultivated a strong critique on the dominant food systems' politics, systems of food production, and nutritional recommendations. This course introduces (de)colonial readings (books, journals, blogs, and alterNative media sources) to students of these particular critiques, bridging the Indigenous led decolonial food movement with critical food studies and critical animal studies through methodologies of historical foodways and community health analysis, while engaging in the praxis of decolonizing one's diet.