

of Western/European
vegetabilize concepts
exceptionalism.

DECONSTRUCT
RECONNECT
RECONSTRUCT

FOOD Decolonizing SYSTEMS

When countries colonize, they disrupt everything, even food systems. They destroy native ecosystems and indigenous systems of hunting and farming. Decolonize food systems by preserving knowledge of traditional agriculture systems, lobbying for food sovereignty, and working to recover stolen land.



Decolonize 101: A primer to start your journey

BY: LMF

Decolonizing DIVERSITY

We often confuse promoting diversity with decolonizing. We try to fit decolonization goals within the frame works for equity. Do not label every effort of initiating change as decolonizing. Decolonizing is more than diversity or equity.

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Commitment to the direction

The community must dedicate itself to the decided direction of the new culture norms. The collection of previously colonized peoples must be gathered and unified in a clear cut way.

“DECONSTRUCTING or dismantling colonial ideologies and challenging of the superiority of western thought and approaches” is what the process of decolonization is all about.

source: The Peace Chronicle, Pashpaalys

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But, what is
Colonialism
all about?
Colonialism is when one power takes over a people or an area and enforces its culture and values. Colonialism and the slave trade are closely tied.

GRIEF AND MOURNING

We as a community must process and understand the trauma of colonized people. The colonized communities must lead this process of anger, frustration, protest, and deep mourning.

Between 1492 - 1911
 80% of the world's land mass had been colonized by European countries.

Rediscovery & Recovery

We must commit ourselves to the rediscovery and recovery of previously colonized roots, reclaim the value of previously colonized culture, history and traditions of a particular region. We must support indigenous communities while avoiding appropriation.

Community Building

This is the MOST CRUCIAL step in decolonization.

Led by colonized people, we must begin the process of building the future. Conversations and debate involve the future of the culture, governing procedures, and reestablishment of the culture.

Decolonization is often VIOLENT.

Colonial powers rarely leave without a fight, so violence is inevitable. Rebellions are violently squashed, leaders are tortured and imprisoned, and even peaceful rebellion is punished. There is no "bloodless" decolonization.

What is Decolonization any way?

1. Decolonization is used as part of a country's independence process; OR
2. As a social, cultural and psychological process.

EDUCATION

Education has been colonized from early childhood through graduate school. Residential schools are proof. We have seen how education has been denied to many people. And most curriculum is Western-centric. Examine power structures, who and what is valued in classrooms, how conflict is addressed, and more.

Post-Activism

The action of unification toward the stated goals of the community. This is done from a position of reclaiming what was once that of the colonized peoples. This work is NEVER DONE!

MENTAL decolonizing

Colonial powers occupy peoples and impose their views on psychology, mental health, & treatment. Mental healthcare has caused horrific pain, and promotes racism and Eugenics. Examine collective healing models, and understand generational trauma.

HEALTH