



The Five “White Gifts”

In the 1940s reserves were well established, and the lands that were used did not have a lot of wildlife to hunt and fish for. So the government gave out “ration boxes” to families on reserves. In these boxes were **FLOUR**, **SALT**, **SUGAR**, powdered or canned **MILK**, and **LARD**. Sometimes there were other things in the boxes along with these (ex. Candies, pasta). But the main items became “staples” in a lot of families’ homes.

The government thought they were helping us by giving us these “gifts”.

But we now know that these foods are not that good for us.



Indigenous Diabetes Health Circle

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www.idhc.life

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This information has been passed along generously by Jan Kahentiio Longboat