

Citlalita

La Chicanita Super Hero

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Cafe Citali Grafiks



Andale Machi
eat your cornbread
es el principio
Guerrillero



Ever since I was a little, las abuelas Indigenas would whisper consejos to me in my dreams or write them in the stars

There are some foods that you have to eat. They are like guerrilleros/warriors to keep your bodies healthy Mijita. Ask your mami who grows your food.



It feels good to put my hands into la Madre Tierra. Watering & planting makes me feel calmada.

Los Siete Guerrilleros are the 7 Indigenous foods of **Anahuaca** (North, Central, South America). I want other kids to eat vegetables too. My mami won't give me dessert until I eat a little bit of everything. They taste different when I grow them myself. And we take care of the earth 'cause we don't spray with pesticides. We plant sempasuchitl & that takes care of the little bugs. *Citlalita c/s*

Los Siete Guerrilleros de la Alimentación Anahuaca

