

## Extended Abstract

<b>Paper Title</b>	Harmonizing Tradition and Climate Resilience: Traditional Food Practices for Food Security in the Himalayas
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<b>Abstract</b>	<b>200 words max</b>
<p>As climate change continues to affect traditional food practices, integrating sustainable agricultural practices rooted in cultural preservation and food sovereignty is essential for ensuring long-term food security in the Himalayan Region. The existing literature underscores significant research gaps in comprehending the influence of climate change on traditional food systems and sociocultural dynamics, underscoring the need for qualitative research and a socio-ecological perspective. The study aims to examine local perceptions regarding the repercussions of climate change and the significance of adhering to traditional food practices for sustainable nutritional security and sovereignty within the climate change context. A cross-sectional study was conducted in ten villages of the Western Himalayan Region, India, with 210 household surveys. The research design used a mixed methodology, employing thematic and correlation analysis for a comprehensive insight. The findings show a statistically significant correlation between the adoption of traditional food preferences, sovereignty, and the formulation of effective climate adaptation policies. This study contributes to a better understanding of the intricate interplay between traditional food choices and climate resilience</p>	
<b>Keywords</b>	Himalayas, Food Sovereignty, Climate Change, Sustainable Adaptation, Traditional Knowledge
<b>JEL Code</b>	Q1, Q5, P28, P32
<b>Introduction</b>	<b>100 – 250 words</b>
<p>As climate change continues impacting traditional food practices, integrating sustainable agriculture rooted in cultural preservation and food sovereignty is vital for long-term food security in the Himalayan Region. Existing literature highlights research gaps in understanding climate change's influence on traditional food systems, emphasizing the need for qualitative research and a socio-ecological perspective. This study aims to explore local perceptions of climate change repercussions and the importance of adhering to traditional food practices for sustainable nutritional security and sovereignty.</p>	
<b>Methodology</b>	<b>100 – 250 words</b>
<p>A cross-sectional study was conducted in ten villages of the Western Himalayan Region, India, involving 210 household surveys. The research design utilized a mixed methodology, employing thematic and correlation analysis for a comprehensive insight into the intricate interplay between traditional food choices and climate resilience.</p>	
<b>Results</b>	<b>100 – 250 words</b>
<p>The findings reveal a statistically significant correlation between the adoption of traditional food preferences, food sovereignty, and the formulation of effective climate adaptation policies. This indicates that communities embracing traditional practices are</p>	

more resilient to the impacts of climate change, emphasizing the importance of cultural continuity in ensuring sustainable food security.

**Discussion and Conclusion**

**100 – 250 words**

The observed shift in traditional food practices in the Himalayan Region due to climate change underscores the urgency of integrating these changes into broader considerations. Research findings emphasize that, in the face of these shifts, prioritizing food sovereignty is crucial for empowering communities to adapt their food systems. Examining culturally significant traditional foods like *Mandua*, *Kodo*, and *Kauni* highlights their role in building resilience against the impacts of climate change. As climate change continues to affect traditional agricultural patterns, integrating sustainable agricultural practices rooted in cultural preservation and food sovereignty is essential for ensuring long-term food security in the Himalayan region. Promoting traditional food systems correlates with climate impact reduction, sustainable farming, local climate adaptation, and cultural preservation and contributes to easing ecosystem pressures and conserving species. The study recommends policies such as promoting agroforestry, establishing community seed banks, and supporting laws for regionally farmed ingredients to enhance ecological sustainability and cultural heritage preservation. Additionally, implementing programs to assist local farmers and fostering community bonds through traditional celebrations are suggested to bolster resilience.