



**ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE**



This Month's Focus: *Tribal Communities*

This newsletter is produced by the *Nutrition Education Network of Washington* to enhance communication and coordination among those who educate Washington families about nutrition and food. *Energize Newsletter for Nutrition Educators* shares brief information about programs and materials that support healthful and enjoyable eating.

STAFF

Kathleen Manenica, MS, CN
Executive Editor
State Program Coordinator, *Food \$ense*
253-445-4598
manenica@wsu.edu

Martha Marino, MA, RD, CD
Writer
206-817-1466
martha_marino@yahoo.com

SUBSCRIPTION INFORMATION

Energize Newsletter for Nutrition Educators can be sent to you electronically each month. There is no charge. To subscribe or unsubscribe, contact Kathleen Manenica, WSU Puyallup, 253-445-4598, e-mail manenica@wsu.edu.

To access past issues, go to
<https://nutrition.wsu.edu/energize-newsletter/>

Energize is a publication of the *Nutrition Education Network of Washington*, whose staff is responsible for its content.



Food \$ense

WASHINGTON STATE UNIVERSITY
EXTENSION

USDA is an equal opportunity provider and employer.

This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

Long before white settlers came to Washington State, Native American tribal communities used salmon, roots, berries, and other local foods in their traditional foodways. Nutrition educators are actively engaged in food programs among native communities, and many of these have just recently launched. In this issue of the *Energize Newsletter for Nutrition Educators*, we look at programs and resources locally and among other tribes in the US.

Spokane, Spices, and Improving Health – Addressing nutrition-related health issues among tribal members in Spokane County, particularly hypertension and diabetes, SNAP-Ed in WSU Extension launched a 4-week series of classes for adults. During November's Wellness Month, Lori van Anrooy, SNAP-Ed Program Manager, did cooking demos and nutrition education at a community center. The first class started small, but word got around and the class grew to 29 participants. When talking about lower-sodium diets and ways to reduce salt intake, she taught participants how to make spice blends: taco seasoning, onion soup mix, spaghetti seasoning, and ranch dressing. The adults liked the blends, but wondered whether their families would, too. To find out, they made dips to take to kids downstairs in the same building involved in a physical activity program. The dips and veggies were a big hit! With all the positive feedback, Lori has been asked to do a series in the spring. She used the "Plan, Chop, Save, and Cook" series, [http://ucanr.edu/sites/letseathealthy/Enrolled_Teachers/Plan, Shop, Save - Cook Adult Series](http://ucanr.edu/sites/letseathealthy/Enrolled_Teachers/Plan,_Shop,_Save_-_Cook_Adult_Series). (Contact: Lori van Anrooy, SNAP-Ed Program Manager, WSU Spokane County Extension, 509-477-2194, LVanaroo@spokanecounty.org.)

Shifting Audiences with Tulip Tribes – For about a decade, SNAP-Ed in Snohomish County has provided nutrition education and access to healthy foods for youth in the Tulip Tribes. Acacia Zambrana, Regional SNAP-Ed Program Coordinator with WSU Extension, says that they have done this through the backpack cooking program using foods included in the backpacks, Smarter Lunchroom Design strategies, nutrition education classes and gardening at the elementary school, and summer programming with the Boys and Girls Club. Acacia is excited that the Tulip Tribes will now be a SNAP-Ed subcontractor. The focus will shift from kids to adults, using "Eating Smart, Being Active" curriculum, and community-wide wellness events.

The Tribes plan to hire and mentor someone within their community as program assistant, who likely will use cooking demos and tastings in weekly classes. Snohomish County Extension will continue with training and support for the Tribe's coordinator. Acacia is excited that the groundwork laid by WSU SNAP-Ed has helped pave the way for the Tribes to develop their own independent program. For information on the Eating Smart, Being Active curriculum, see <https://snaped.fns.usda.gov/materials/eating-smart-being-active>. (Contact: Acacia Zambrana, Regional SNAP-Ed Program Coordinator, WSU Snohomish County Extension, 206-459-9378, larrison2@wsu.edu.)

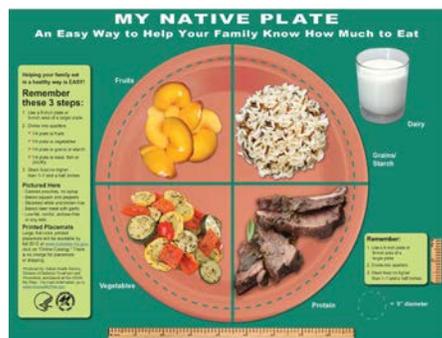
Nourishing Native Foods and Health – The First Nations Development Institute fosters access to nutritious traditional foods through grants and technical support, including tribes in Washington State. The intent is to build sustainable food systems that improve health, strengthen food security, and increase control over Native agriculture and food systems. One component of First Nations is “Seeds of Native Health: A Campaign for Indigenous Nutrition.” This philanthropic effort aims to improve the awareness of Native nutrition problems and apply best practices to localized programs to solve problems of Indian nutrition. Tribes in Washington receiving 2016 grants from Seeds of Native Health include Kalispell Tribe of Indians, Nooksack Indian Tribe, and Squaxin Island Tribe. More at www.SeedsofNativeHealth.org and www.firstnations.org/programs/foods-health.



Source: <http://blogs.usda.gov/2014/09/03>

Integrated Food System in Wisconsin Tribe – The Oneida Nation has reintroduced traditional foodways by cultivating a farm to table (and farm to retail) program. On their 83-acre organic farm, they grow Iroquoian White Corn with special ceremonies and stories during planting and harvest. The cannery, established in 1977 in partnership with a Catholic church and university extension, provides a place for community members to preserve fish, fruits, and vegetables as well as dry and freeze meat. Nutrition education and food self-reliance are strong components of the program. More <https://oneida-nsn.gov/resources/oneida-community-integrated-food-systems/tsyunhehka/>.

TOOLS OF THE TRADE



Source: <https://snaped.fns.usda.gov/materials/my-native-plate>

MyPlate for Native Americans – Deer meat and whole wheat fry bread appear on *My Native Plate*, developed by DHHS Indian Health Service. The tablet of 50 placements shows amounts of culturally appropriate foods from all five food groups that make up a healthy diet. <https://snaped.fns.usda.gov/materials/my-native-plate>.

29 Tribes in Washington State – For a map of the federally recognized tribes in our state, go to the Washington Indian Gaming Association's www.washingtontribes.org/tribes-map where you can click on the name of a tribe to see photos of that tribe's members, learn more about their community, and click through to websites for certain tribes.

Diabetes Prevention Among Youth – A tested program for K-12 students focuses on developing sound eating patterns and preventing diabetes. Students learn concepts about nutrition through traditional Native American foods and activities (such as The Round Dance), and the bridge between scientific knowledge and wisdom. High school science students study diabetes and blood glucose in depth, and learn how to share what they have learned. Developed by National Institute of Diabetes and Digestive and Kidney Disease, National Institutes of Health; Native Diabetes Wellness Program, Centers for Disease Control and Prevention (CDC); Division of Diabetes Treatment and Prevention, Indian Health Service; Office of

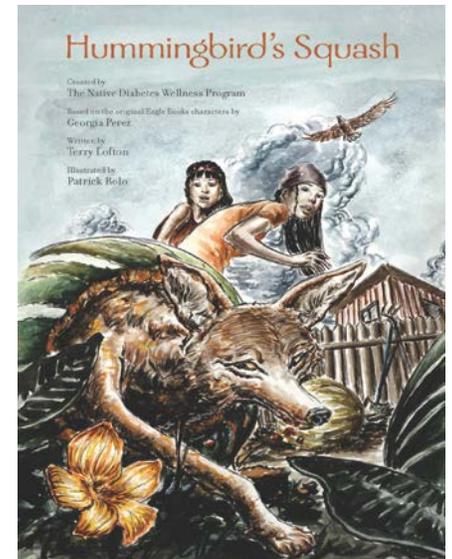
OUR MISSION: *The Nutrition Education Network* coordinates nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating among low-income families. *Energize* is one way that *the Network* shares information and resources to accomplish this mission.

Please Copy This Newsletter! Feel free to copy any or all of this newsletter to share with others. We only ask that you credit the Nutrition Education Network of Washington and please let us know if you have made copies and to whom you distributed copies.

* Listing of products and goods in this newsletter does not imply endorsement.

Science Education, National Institutes of Health; and other collaborators. For *Diabetes Education in Tribal Schools*, see [https://www.niddk.nih.gov/about-niddk/offices-divisions/office-minority-health-research-coordination/diabetes-education-tribal-schools-\(DETS\)-curriculum/Pages/diabetes-education-tribal-schools-\(DETS\)-curriculum.aspx](https://www.niddk.nih.gov/about-niddk/offices-divisions/office-minority-health-research-coordination/diabetes-education-tribal-schools-(DETS)-curriculum/Pages/diabetes-education-tribal-schools-(DETS)-curriculum.aspx).

Storytelling in Nutrition Education – The curriculum *Eagle Adventures* uses the Native American storytelling tradition to encourage children in grades 1-3 to eat more fruits and vegetables and be more physically active. The Chickasaw Nation Nutrition Services Get Fresh! Program and other partners developed this program to help prevent diabetes and obesity in culturally relevant ways. Other tribal groups in the US have found it useful, as well. The evidence-based curriculum includes lesson plans, posters, and evaluation tools, building CDC’s Eagle Books <http://www.cdc.gov/diabetes/ndwp/eagle-books/eagle-books-for-youth/index.html>. Collaborators include the Oklahoma State University Department of Nutritional Sciences, Native Diabetes Wellness Program, Division of Diabetes Translation, CDC, Tribal Leaders Diabetes Committee, and the Indian Health Service Division of Diabetes Treatment and Prevention. An overview can be found at the SNAP-Ed Connection <https://snaped.fns.usda.gov/materials/eagle-adventure>; curriculum is at <http://eagleadventure.okstate.edu/images/resources/eagleadventurecurriculum2016.pdf>.



Source: www.cdc.gov/diabetes/ndwp/pdf/ebhummingbirdsquash.pdf

Diet of the Coast Salish Tribe – The Burke Museum at the University of Washington has an exhibit on traditional foods of the Salish Tribe. Can't get to the museum? A video shows what archaeologists have discovered about historic native foods, such as stinging nettles, fiddlehead ferns, thimbleberries, kelp pickles, and smoked clams. Listen to voices of members of other tribes talk about the role of food in their culture, the value of variety, blessings, and practices of their elders.

Recipe Resource – At Native Tech’s website www.nativetech.org/recipes/index.php search for user-contributed recipes by region of the US (such as Northwest) or ingredient type (such as grains and breads) at www.tahtonka.com/food.html.

IN THE MEDIA

New Exhibit on Food History of Seattle – If you’re looking for an outing during the upcoming holiday season and winter break, consider going to the Museum of History and Industry in Seattle. A new exhibit *Edible City: Delicious Journey* opened in November. Beginning with Native Americans, it traces the history of the contributions of many cultures on Seattle’s food scene. Info at <http://ediblecity.mohai.org>.



Source: Wikipedia - <https://en.wikipedia.org/wiki/Pomegranate>

WASHINGTON GROWN

Pomegranates – A Winter Jewel – Although more commonly grown in California than Washington, pomegranates are available late fall through winter. Ruby-red pomegranate seeds are rich in cancer-preventing phytochemicals, heart-healthy antioxidants, potassium, vitamin C, and fiber. These sparkling jewels add a tart crunchiness to a fruit salad, yogurt, or whole-grain breakfast cereal. For tips on removing the seeds without staining clothes, see a video from More Matters at http://www.fruitsandveggiesmorematters.org/video/VideoCenter.php?Auto=1&start=0&Video=313&SubCategoryId=102#respon_top v_top. For recipes, nutrition info, and storage tips, see <http://extension.psu.edu/lackawanna/news/2013/colorful-pomegranates-boost-nutrition> and http://msue.anr.msu.edu/news/pomegranate-autumns_nutritional_super_food.

OUR MISSION: *The Nutrition Education Network* coordinates nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating among low-income families. *Energize* is one way that *the Network* shares information and resources to accomplish this mission.

Please Copy This Newsletter! Feel free to copy any or all of this newsletter to share with others. We only ask that you credit the Nutrition Education Network of Washington and please let us know if you have made copies and to whom you distributed copies.

* Listing of products and goods in this newsletter does not imply endorsement.

DID YOU KNOW?

To sample Native American food without going to a reservation, Seattleites can visit a food truck called Off the Rez which serves fry bread, Indian Tacos, and Native-inspired foods, www.facebook.com/offtherez. In Vancouver, BC, Salmon 'n Bannock Bistro honors food traditions from the Pacific Northwest's Salish, Musqueam, Squamish, and Tsleil First Nations. The menu includes game sausage, cedar jelly, berries, elk salami, and Indian candy (smoked and sweetened chum salmon) www.salmonandbannock.net, <http://indiancountrytodaymedianetwork.com/2013/12/30/traditional-food-makes-comeback-pacific-northwest-152903>.

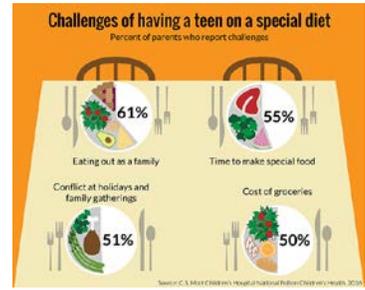


EAT TOGETHER EAT BETTER – Family Meals Focus

Because our readers have told us that Family Meals is a hot topic, in the May 2011 issue we began a small section on recent news relating to this topic and our long-standing signature program, Eat Together, Eat Better.

Teens' Diets Can Be Tough on Holiday Family Meals – When teens follow a special diet, parents struggle with holiday meals. In a new poll conducted by a group at the University of Michigan Mott Children's

Hospital, more than half of parents with teenagers on a special diet – vegan, vegetarian, paleo, or gluten-free – said that the teen's food restrictions had become a source of conflict or stress at holidays and family gatherings. Parents faced additional challenges, such as finding places to eat out as a family (61%), time to make the diet food (55%), and the cost of diet food (50%). One way to deal with the holiday meal problem is to have the teen prepare a dish to share that fits with the way they eat, so they can participate in the communality of the meal. <http://mottnpch.org/reports-surveys/when-teen-diets-give-parents-indigestion>.



OUR MISSION: *The Nutrition Education Network* coordinates nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating among low-income families. *Energize* is one way that *the Network* shares information and resources to accomplish this mission.

Please Copy This Newsletter! Feel free to copy any or all of this newsletter to share with others. We only ask that you credit the Nutrition Education Network of Washington and please let us know if you have made copies and to whom you distributed copies.

* Listing of products and goods in this newsletter does not imply endorsement.