



**USDA Food and Nutrition Service (FNS)
Food Distribution Program on Indian Reservations (FDPIR)
Food Distribution Program Nutrition Education (FDPNE) Grant
Project Summaries
FY18**

Alaska Native Tribal Health Consortium - \$81,026

The Alaska Native Tribal Health Consortium will develop new nutrition education resources focused on whole grains and host community events focused on healthy snacking in five FDPIR sites throughout the state. These events will focus on recipes containing traditional Alaska native foods and USDA Foods provided through FDPIR. Nutrition education activities will be conducted at each event and participants will receive nutrition education handouts, recipes, and materials promoting physical activity to take home. All 345 FDPIR households will be given a set of key ring flip cards with recipes and tips of healthy eating and physical activity. In total, the project will serve approximately 677 FDPIR participants.

Bay Mills Indian Community for the Midwest Region Nutrition Advisory Committee - \$77,270

This consortium of 23 Tribes in the Midwest Region and two Tribes in the Northeast Region will focus on activities that encourage FDPIR participants in their regions to establish healthier habits, both in terms of their diet as well as physical activity. As part of this project, all FDPIR recipients in the regions will receive a culturally relevant calendar and nutrition guide for 2019, a cookbook that promotes healthy eating using USDA Foods provided through FDPIR, and garden seeds to encourage home gardening projects. The committee will also work together through face-to-face meetings to strengthen their nutrition education efforts.

Cherokee Nation - \$28,925

Cherokee Nation will conduct nutrition education events along with cooking demonstrations and taste testing to encourage participants to eat healthier foods and include more physical activity in their day-to-day lives. The Tribe will also develop and print a calendar for participants that will include nutrition education activities as well as healthy recipes and cooking tips. Cherokee Nation expects to reach 5,500 of their approximately 11,000 participants each month.

Cheyenne and Arapaho Tribes - \$105,935

Cheyenne and Arapaho will construct a teaching greenhouse and teaching gardens. These gardens will be used to teach program participants about the health benefits of including more fresh fruits and vegetables in their diet and encourage them to make half their plate fruits and vegetables. Food demonstrations will also be held at distribution sites, which will provide participants with healthy recipe ideas.

Fort Belknap Indian Community - \$46,726

The Fort Belknap Indian Community will focus on encouraging participants to make half their plate fruits and vegetables. They will expand their nutrition education efforts to demonstrate how to use USDA Foods provided through FDPIR alongside locally grown produce to create healthy meals. As a part of this effort, the Tribe will provide instruction on how participants can grow their own produce and include this as a part of their diet. Throughout all of these efforts, they will incorporate discussion of cultural and personal preferences to help people maintain healthy behaviors.



Lac du Flambeau Band of Lake Superior Chippewa Indians - \$24,126

Lac du Flambeau Band of Lake Superior Chippewa Indians will conduct nutrition education and food demonstration sessions using USDA Foods provided through FDPIR. In particular, they will focus on encouraging participants to eat more fruits and vegetables, eat more whole grains, decrease their salt intake, and eat less saturated fat. The Tribe expects to reach 300 participants over the course of the year through weekly nutrition education and food demonstration sessions.

Lummi Nation - \$85,797

Lummi Nation will build on their efforts from previous FDPNE grants. In particular, they will encourage participants to eat more fruits and vegetables and be more physically active through gardening. They will also host a number of nutrition education and food demonstration events where FDPIR participants will learn the benefits of healthy foods and be provided recipes to bring home. Through their project, the Tribe hopes to reach more than 500 participants.

Menominee Indian Tribe of Wisconsin - \$34,559

Menominee Indian Tribe of Wisconsin will utilize FDPNE funds to provide nutrition education through a variety of means. For instance, the Tribe will host classes on a number of topics, encouraging participants to eat healthier foods and to prepare food in a safe manner. In addition, Menominee will develop materials so that participants can learn while waiting at the food distribution center. Funding will also be used to support the Tribe's community gardens, where participants can learn the health benefits of fresh fruits and vegetables while learning the basics of gardening. Through this project, the Tribe hopes to reach more than 500 individual participants.

Mississippi Band of Choctaw Indians - \$16,255

For its project, the Mississippi Band of Choctaw Indians will work with partner organizations to help participants understand the health benefits of eating more fruits and vegetables. To achieve this goal, the Tribe will host gardening and nutrition education events. Participants will leave these classes with a better understanding of what produce is available to them and how to use it to make healthy recipes. Through this project, the Tribe hopes to reach 500 to 600 individuals.

Sherwood Valley Band of Pomo Indians - \$79,318

The Sherwood Valley Food Program will continue to build on past FDPNE projects. Specifically, they will provide a number of nutrition education opportunities to participants, working with various tribal partner communities to reach their entire service area. As part of their education efforts, they will continue to support their youth wellness leadership club to encourage youth in their communities to make healthy choices and promote those choices among their peers. Another integral piece of their project is their annual nutrition education symposium for Western Region ITOs. Sherwood Valley Food Distribution Program has been the leader of the regional Nutrition Education Advisory Group since its beginning, and through this project, they will continue leading this committee as it works to develop future education efforts.

Sisseton Wahpeton Oyate - \$35,263

The Sisseton Wahpeton Oyate Natural Resources Department plans to develop and implement a community-wide nutrition education effort. The Tribe will reach people of all ages, including students at local schools, adults, and Elders. The Tribe's goal will be to encourage Tribal members to make half their plate fruits and vegetables. To this end, the Natural Resources Department will partner with other community agencies and organizations to reach the biggest possible audience.



Spirit Lake Tribe - \$157,820

As in previous years, Spirit Lake Tribe will be partnering with the United Tribes Technical College, a Native American Land Grant Program, to develop nutrition education activities for FDPIR participants. The Tribe will provide community classes on how to select and prepare healthy foods in a safe manner for one's family. These classes will focus on using both USDA Foods and fresh produce from gardens. The project will also support classes on the basics of gardening, including discussion of the health benefits of including more fresh fruits and vegetables in one's diet. Through their project, Spirit Lake Tribe hopes to reach close to 800 participants.

Spirit Lake Tribe on behalf of Mountain Plains Region Nutrition Advisory Committee - \$61,954

Working with United Tribes Technical College, a Native American Land Grant Program, Spirit Lake Tribe and the Mountain Plains Region Nutrition Advisory Committee (MPRNAC) will develop an on-site training program to be hosted at three different reservations. This program will provide culturally appropriate nutrition education training, highlighting lesson plans developed by previous FDPNE grants. These trainings will cover topics such as food safety, how to conduct food demonstrations, and how to build community partnerships. The project will also use funding to develop and print a cookbook for FDPIR participants, highlighting traditional foods, and to sponsor face-to-face meetings of the MPRNAC. This project will benefit the more than 9,000 households in the Mountain Plains Region's 30 FDPIR programs.

The Chickasaw Nation - \$78,135

The Chickasaw Nation will develop nutrition education efforts to encourage FDPIR participants to include more fresh fruits and vegetables in their diet. The planned activities include community classes where participants are shown recipes using fresh produce and proper food safety when preparing meals. In addition, the Tribe will continue to develop their community gardens to help participants learn about the health benefits of gardening while also learning basic gardening principles.

Wichita and Affiliated Tribes - \$78,841

The Wichita and Affiliated Tribes Food Distribution Program will work to build on nutrition education efforts established in previous years. Specifically, the Tribe will continue to offer nutrition education and gardening classes where participants are able to learn the health benefits of consuming more fresh fruits and vegetables while learning how to start their own gardens. The Tribe will also offer food demonstrations and cooking classes to show new ways to incorporate healthy foods into meals. To achieve these goals, Wichita and Affiliated Tribes will coordinate with local organizations and other Tribes nearby to better reach FDPIR participants.