



**USDA Food and Nutrition Service (FNS)  
Food Distribution Program on Indian Reservations (FDPIR)  
Food Distribution Program Nutrition Education (FDPNE)  
Grant Project Summaries FY19**

**Alaska Native Tribal Health Consortium - \$85,250**

The Alaska Native Tribal Health Consortium (ANTHC) will collaborate with the Distance Learning Network to develop interactive learning modules focused on whole grains and healthy snacking. Touch screen technology and interactive activities will be used to motivate and pique interest in nutrition education as FDPIR recipients visit and wait at their food distribution sites to receive their food packages. Two series of interactive nutrition education resources and a five-minute healthy recipe video demo that includes traditional foods and whole grains from the FDPIR package will be produced and piloted in three FDPIR communities. Use of digital technology will provide a cost-effective way to provide nutrition education to rural Alaskan FDPIR communities.

**Bay Mills Indian Community - \$25,900**

This consortium of twenty-three tribes in the Midwest Region and two tribes in the Northeast Region of the Great Lakes has a Nutrition Advisory Committee that seeks to develop a culturally relevant nutrition education and physical activity program that supports the MyPlate messages. A calendar and nutrition guide will be distributed to up to 7,900 FDPIR households providing culturally relevant tips for healthy eating and physical activity for the prevention of chronic disease. Peer-to-peer site visits will also be conducted to promote nutrition education, sharing, and expertise.

**Cherokee Nation - \$33,068**

The Cherokee Nation will provide nutrition education via cooking demonstrations and taste testing at all food distribution stores. Two nutrition educators will use healthy recipes based on MyPlate guidance to conduct the demonstrations and tastings. In addition, a monthly calendar that contains nutrition education information, physical activity suggestions for the family, healthy recipes, cooking tips, and FDPIR program information will be printed and distributed to 5,100 FDPIR participant households.

**Cheyenne and Arapaho Tribes - \$90,044**

The Cheyenne and Arapaho Tribes in Northwest Oklahoma will encourage FDPIR participants to consume the daily-recommended amount of fruits and vegetables by teaching participants to grow their own produce. One greenhouse will be built and used to host basic gardening classes that include nutrition education. Participants will receive seedlings for use in their home gardens along with the corresponding nutrition information for each produce item. Food demonstrations will also be held at the food distribution locations using the greenhouse-grown produce. Recipes will be distributed among the 440 FDPIR participant households.

**Coeur d' Alene Tribe - \$79,627**

The Coeur d' Alene Tribe in Idaho will continue their hñq'its'n ("A Place of Growing") Project to improve health outcomes among FDPIR participants by expanding community gardens and providing education about the benefits of fresh produce. FDPIR staff will demonstrate how to successfully cultivate and prepare seasonally appropriate produce providing participants the skills to develop their own home gardens, prepare fruits and vegetables at home, and preserve foods. Short weekly newsletters will highlight different produce items including preparation and nutrition information.



**Lac du Flambeau Band of Lake Superior Indians - \$23,156**

The Lac du Flambeau Band of Lake Superior Chippewa Indians in Wisconsin will conduct nutrition education and food demonstration sessions using fruits and vegetables, whole grains, and other foods available in the FDPIR food package. Recipes will be healthy (i.e. reduced salt, sugar, and fat) and easy to prepare. Participants will be encouraged to substitute salt with herbs for seasoning and handouts and recipes will be provided at each session throughout the year.

**Lummi Indian Business Council - \$141,986**

The Lummi Indian Business Council will conduct cooking demonstrations that include information on meal planning, food preparation, cooking, and tips for increasing the appeal of healthy foods based on individual taste and/or family needs. Participants will also learn to grow the fruits and vegetables they most prefer and be encouraged to plant gardens to promote nutritional education information and awareness. Approximately 39 nutrition education cooking events will be conducted during the grant period.

**Menominee Indian Tribe of Wisconsin - \$33,004**

The Menominee Indian Tribe of Wisconsin will offer monthly nutrition education classes that focus on topics such as basic nutrition, proper food storage, cooking healthier by using less salt, sugar, and fats, label reading, and hands-on cooking instruction focused on increasing fruit and vegetable intake. "Learn While you Wait" monthly demonstrations and taste testing of various food items will be conducted in collaboration with the University of Wisconsin Extension educator while clients wait to pick up their FDPIR food package. Visual boards will be used to emphasize healthy cooking information along with recipes and brochures on various USDA foods.

**Seneca Nation of Indians - \$12,117**

The Seneca Nation of Indians in Western New York plan to implement a garden to table project that will provide opportunities for gardening activities and increased nutrition knowledge among the Seneca population. The project will help create renewed interest in traditional Seneca ways of agriculture. In addition, information will be provided on how to incorporate the produce grown into healthy, easy to prepare meals. Raised bed gardening access will be provided for those using wheelchairs, walkers, or experiencing other physical challenges. The garden's harvest will then be utilized in healthy cooking demonstrations. The project is expected to result in a greater awareness of the link between healthy eating and a healthy lifestyle.

**Sherwood Valley Band of Pomo Indians - \$69,978**

The Sherwood Valley Band of Pomo Indians in California will attempt to combat the high instances of obesity, cardiovascular disease, and diabetes among FDPIR eligible families through a concerted effort to encourage healthy choices and lifestyle changes. Efforts will include nutrition education activities, information, and food demonstrations at the food distribution sites. In addition, the youth wellness leadership club (implemented with grant funds from the previous year) will continue to promote nutrition education in their homes and serve as a positive catalyst for spreading nutrition information to the surrounding community.



**Spirit Lake Tribe - \$158,172**

The Spirit Lake Tribe in North Dakota will conduct a nutrition education program that primarily focuses on the needs of children and families to promote healthy food choices and improve nutrition knowledge in the youngest generation. A Community Nutrition Educator will host monthly “Lunch & Learns” as well as an adult “Nutrition Mission” six-week curriculum. The tribe will collaborate with 21<sup>st</sup> Century After-School program to deliver nutrition education to school-age youth in the community. In addition, a summer youth cooking camp will be offered that incorporates nutrition education.

**The Chickasaw Nation - \$128,695**

The Chickasaw Nation in Oklahoma will further develop and enhance existing community gardens to educate families on the importance of making half their plate fruits and vegetables. Low-income families will be empowered to replicate the skills learned in the community garden at home. This will enable families to maximize their existing food resources by integrating readily accessible high-quality fruits and vegetables into their daily diets. In addition, up to six nutrition education demonstration classes will be conducted at the nutrition centers while FDPIR participants wait to pick up their FDPIR food package.

**Wichita and Affiliated Tribes - \$63,800**

The Wichita and Affiliated Tribes in Oklahoma will focus on promoting the MyPlate nutrition goals by utilizing their existing community garden to promote fresh herbs as an alternative to seasoning with salt to reduce individual sodium intake. The community garden coordinator will host cooking classes that demonstrate how participants can easily make half their plate fruits and vegetables, and season foods without using salt. Demonstrations will be followed up with handouts and recipes that emphasize the information provided. Nutrition education will also be provided at three main tribal events.

**Winnebago Tribe of Nebraska - \$28,117**

The Winnebago Tribe of Nebraska will expand nutrition education for up to 171 FDPIR families by providing individuals with knowledge about the nutritional content of fresh fruits and vegetables available through FDPIR, as well as new methods and skills for preparing these produce items. Bi-monthly cooking demonstrations and nutrition classes will be provided to FDPIR program participants. Participants will have the opportunity to observe food preparation techniques using selected recipes, taste-test the final product, and learn about portion control and the nutritional value of fruits and vegetables. A cookbook will be produced and distributed to FDPIR participants to ensure they continue healthful cooking activities beyond the grant period.