



**USDA, Food and Nutrition Service (FNS)
Food Distribution Programs on Indian Reservations (FDPIR)
Food Distribution Program Nutrition Education (FDPNE) Project Summaries
FY 2016**

Alaska Native Tribal Health Consortium, \$98,175

The Alaska Native Tribal Health Consortium will plan and host cooking contests at nine FDPIR programs throughout the state. The goal selected for the project is “Make half your plate fruits and vegetables. Focus on whole fruits and vary your veggies.” The focus for the contests will be healthy recipes that combine USDA Foods fruits and vegetables with traditional foods. This unique approach will focus on respecting culturally significant ways of life and food preferences, while balancing it with new, modern ways to eat healthier. The project will involve creating, producing and distributing a cookbook containing the winning recipes to members of more than 300 households that are Food Distribution Program on Indian Reservations (FDPIR) participants or eligible to become FDPIR participants.

Cheyenne and Arapaho Food Distribution Program, \$97,649

The FY 2016 project continues the program’s existing community nutrition, gardening, and physical activity education program. They plan to reach 150 Head Start children during the project year and will expand activities to reach children participating in their summer feeding programs. Other activities include expanding their community garden and organizing walking clubs throughout their service area.

Confederated Salish & Kootenai Tribes, \$65,937

This project is a collaborative effort between the Confederated Salish & Kootenai Tribes’ FDPIR and the Extension Program at the Salish Kootenai College. They are continuing their community garden programs and will implement healthy cooking demonstrations and nutrition education activities for various age groups. Nutrition and physical activities will be offered to 200 FDPIR and FDPIR-eligible senior citizens, adults and youth. They plan to provide 100 nutrition messages to youth attending summer camps and children attending the Head Start programs on the reservation.

Little Traverse Bay Bands of Odawa Indians, \$11,422

The organization will encourage FDPIR participants to eat more fruits and vegetables and accept other healthy foods offered through the FDPIR program. The program receives food selections for home delivery by telephone and delivers food packages to elderly participants. Some of these participants live at least 100 miles from the distribution center. They will develop and distribute colorful and appealing food identification cards, brochures, and grocery lists that provide participants with visual aids to use when selecting food package items by telephone. To promote nutrition in a manner that is visual, a “What’s in your fridge?” full color and full size graphic that illustrates the contents of a healthy refrigerator will be placed on a delivery vehicle that travels through 27 counties.

Lummi Tribe of the Lummi Indian Reservation, \$162,765

The Tribe selected “Make half your plate fruits and vegetables. Focus on whole fruits and vary your veggies.” as the goal for the FY 2016 project. The Lummi Tribe will continue to maintain 70 kitchen gardens provided to the elderly and persons with disabilities and provide an additional 20 kitchen gardens to participants. The Tribe will conduct 30 nutrition sessions and food demonstrations including a “Grand Finale” nutrition fair that will feature nutrition education resources and materials for those who attend.

Menominee Indian Tribe of Wisconsin Food Distribution Program, \$53,640

The Menominee Tribe will continue its community garden program and collaborate with the University of Wisconsin-Extension for Menominee County to provide nutrition education, healthy cooking, and gardening sessions to an anticipated 200 FDPIR participants. Existing home gardens provided to participants will be maintained and an additional 12 new home gardens will be added. The themes for nutrition activities are based on the guidelines found at ChooseMyPlate.gov. The program will encourage physical activity by offering FDPIR families the opportunity to participate in family walks conducted during the grant period.

Menominee Indian Tribe of Wisconsin Food Distribution Program for the Midwest Region Nutrition Advisory Committee, \$90,603

This consortium of 23 Tribes in the Midwest Region and two Tribes in the Northeast Region focuses on health promotion activities that help FDPIR participants in their regions to establish healthier dietary and physical activity habits. All FDPIR recipients in the regions will receive a culturally relevant calendar and nutrition guide for FY 2017, cookbooks with healthy recipes, and garden seeds to encourage home gardening projects. The committee is also funded to continue projects that provide nutrition education technical assistance to the food distribution programs and for developing and maintaining nutrition information and resources that will be added to the Committee’s nutrition services website.

Seminole Nation of Oklahoma, \$6,504

To encourage daily adequate fruit and vegetable intake and sodium reduction for FDPIR participants, the program will make use of its experience with an aquaponics (cultivating plants without soil) greenhouse to develop a modular demonstration unit. The demonstration will teach 100 FDPIR families how to construct vertical garden units that may be used inside or outside and do not require the tilling of soil. Participants will be encouraged to and assisted with developing their own vertical gardens. Nutrition education and taste testing demonstrations will show participants how to use home grown herbs in place of salt when preparing meals. For youth, the program will provide a “Garden of Eating” workshop featuring USDA Foods and a “Bring Your Favorite Family Chef Day” to facilitate peer interaction through a cooking challenge. The project will also involve planting rare and traditional “Seminole Pumpkins” in their community garden. The program will partner with the Oklahoma Area Indian Health Service to conduct “Farm to Fit”; a project that provides technical assistance to grow ‘mound’ and ‘Three Sisters’ gardens.

Sherwood Valley Food Program, \$72,836

The Sherwood Valley Food Program will continue its youth leadership club that teaches the benefits of increasing fruits and vegetables in the diet. Training on how to share these lessons with their peers, families, and other tribal groups is a component of this activity. Additionally, this program will provide food and physical activity demonstrations, and nutrition workshops at the FDPIR warehouse and at remote sites where USDA Foods are distributed. The Sherwood Valley Food Program is the organization responsible for leading the expansion of a nutrition advisory committee in the Western Region. They are funded to collaborate with other FDPIR programs to develop methods and resources that increase the nutrition services throughout the region and they are the lead agency responsible for coordinating and implementing an annual nutrition symposium that provides nutrition education technical assistance to food distribution programs in the region.

Spirit Lake Tribe, \$114,710

The Tribe will conduct a pilot nutrition project, managed by Registered Dietitians from the United Tribes Technical College (UTTC), a Native American Land Grant Program. The activities include hiring and training a nutrition assistant that will provide nutrition education to FDPIR participants, developing eight nutrition education lesson plans, providing nutrition classes and food demonstrations for participants, and offering gardening and food preparation sessions to youth during mini-camps held during the summer. Other partners will include the Tribe's Natural Resources Conservation Services and the Candeska Community College.

Spirit Lake Tribe for the Mountain Plains Region Nutrition Advisory Committee, \$52,745

The committee will partner with the United Tribes Technical College (UTTC), a Native American Land Grant Program, to develop nutrition education curriculum and offer paraprofessional training to staff at eight Food Distribution Programs in the Mountain Plains Region. UTTC's Registered Dietitians will develop six nutrition education lessons and will train staff at eight Food Distribution Program sites in basic nutrition and how to deliver the lessons to participants. Staff from the sites will travel to UTTC's campus for training and UTTC will travel to the selected sites to provide technical assistance needed to deliver the lessons. This project will also provide nutrition services and resources for all FDPIR sites in the Mountain Plains Region.

The Chippewa Cree Tribe of the Rocky Boy's Reservation, \$39,090

The organization is funded to provide food and cooking demonstrations. They will collaborate with Stone Child College, a Native American Land Grant program and the reservation's WIC program, to assist with grant activities. They anticipate reaching 103 participants.

Wichita and Affiliated Tribes, \$86,932

The project will encourage "making half your plate fruits and vegetables," through nutrition education materials offered to FDPIR participants, and food demonstrations and gardening activities that emphasize healthy ways to prepare fruits and vegetables. Gardening education activities will teach participants to plant and harvest their own fruit and vegetable gardens. The program expects to reach 30 families with their teaching activities. They will also develop and maintain a community garden.

Zuni Tribe of the Zuni Indian Reservation, \$28,927

The Zuni Tribe's Nutrition Technician will conduct nutrition education sessions and food demonstrations that feature fruits and vegetables. Sessions will take place two times a month during the day and once per month during the evening. Basic nutrition education sessions emphasize the benefits of eating fruits and vegetables. Food demonstrations teach participants how to prepare USDA Foods by using healthy recipes. Participants taste the foods demonstrated and are encouraged to use the recipes at home. The program anticipates reaching 20 FDPIR participants for each activity.