



Northern California Indian Development Council, Inc. (NCIDC)

www.ncidc.org

California Native Food and Nutrition Program

241 "F" Street, Eureka • CA • 95501
707.445.8451 (voice) • 707.445.8479 (fax)
dwoodman@ncidc.org

December 2004

Profile: United Indian Health Harvest Festival

The 2004 Harvest Festival at the United Indian Health Services (UIHS) Community Garden in Arcata, California, was a great success. Students from Humboldt and Del Norte Counties gathered to enjoy the food, stories and activities the IHS Clinic presented as part of the annual event. Sack races, face painting and pumpkin gathering were all popular activities. The weather was wet but it didn't affect the mood of the festivities.

Jerome Simone, Executive Director for UIHS, highly praised all of his staff that work everyday with the garden.

"This is the type of thing that we had in mind when we planned for the new Potowat Health Village. The Harvest Festival is a celebration of the year's crop."

Jerry also stated that this type of event is a great way to bring together the local Native community. He credits all of the success of the garden and the festival to a great team effort.

The garden featured a wide variety of organically grown vegetables including



kale, swiss chard, beets, spinach, carrots and many others. Under the big canopy, hay bales were set around for people to sit and listen to the storytellers. There were also traditional lessons taught. Children were learning to crack acorns using traditional tools.

Paula "Pimm" Allen, Traditional Resource Specialist for UIHS, expected at least 300 people to attend the event. Pimm enjoys the festival because,

"It teaches children about gardens and the benefits of having them."

Children and staff were dressed in their Halloween costumes and pumpkins were handed out to the local school children to take home. A taste test table was set up so people could sample soup made from the vegetables grown in the garden.

For more information on the Potowat Health Village Community Garden, you can contact UIHS at: 1600 Weeot Way, Arcata, CA 95521 or by phone at: (707) 825-5000. If you are interested in starting a community garden and need information please visit: www.aggie-horticulture.tamu.edu



Senior Source: Benefits of Protein

As we age, a nutritious diet helps us maintain our health and improve our resistance to illness. Protein plays an important role as it helps prevent muscle loss, replace body tissue and manufacture hemoglobin, the red blood cells that carry oxygen to our bodies. Protein also produces antibodies that fight infection and disease.

Many seniors do not include adequate portions of protein in their diets due to a poor appetite as a result of their health conditions, as a side effect of certain medications or simply because food just doesn't taste as good as it used to. Whatever the reasons it is important to find ways to include protein rich foods in our diets.

Good sources of protein include:

- Lean beef, poultry, pork and lamb
- Fish and shellfish
- Dairy products, including cottage cheese, cheese, yogurt and milk
- Egg, egg whites or egg substitutes
- Dry beans, peas, oats and legumes
- Tofu and soy products
- Nuts and seeds

Try to include at least 2-3 servings of protein a day.

Typical serving sizes include:

- 3 to 4 ounces of cooked lean meat, poultry or fish (1 portion about the size of a deck of cards)
- 1/2 cup of cooked dry beans, lentils or legumes
- 1 egg or 2 tablespoons of peanut butter count as 1 ounce of lean meat

Get a good mix of protein by eating a variety of food. Lean cuts of beef; skim or low-fat dairy products are healthy choices. Beans, soy, nuts and whole grains offer protein without much saturated fat and with plenty of healthful fiber.

If you are concerned that you aren't getting enough protein in your diet, consult your health care provider.

Kid's Korner: School Breakfast Program

The School Breakfast Program is a federally funded program that began serving children in 1966. The program is funded by the Food and Nutrition Service Division of the USDA and provided funds to each state. The Breakfast Program operates in the same manner as the National School Lunch Program. Families who are income qualified can have their children served a free or reduced cost nutritious breakfast each school day.



For more information contact your school or go to:

www.cfpa.net/School_Food/Breakfast/BreakfastProgram.htm

Calcium, Protein and Healthy Bones

Nutritionists have long debated whether or not high-protein diets leach calcium from bones. A recent study from ARS-funded researchers at the Jean Mayer USDA Human Nutrition Research Center on Aging provides new data indicating that no such effect occurs when calcium and Vitamin D supplements are taken along with high protein diet.

The researchers studied more than 300 men and women over the age of 65 for three years. On average, there was no loss in bone among subjects who ate meals high in protein as long as they took a daily supplement of calcium and Vitamin D that provided the Recommended Dietary Intake of these nutrients. Vitamin D enhances calcium absorption.

Reference: American Journal of Clinical Nutrition (vol.75, no. 4, pp.733-779)



Ask Dr. Coyote*

Answers on food and exercise

Dear Dr. Coyote:

The holiday season is here and I was wondering what your advice would be about seasonal treats especially considering the parties I have been invited to?

Dr. Coyote's Response:

This time of year is awesome. When else is gluttony approved of (ok maybe Thanksgiving, post-ceremony feasts, family gatherings and the all you can eat buffet). My advice is to skip breakfast so you can really stuff in all the crab puffs and other appetizers you can eat. I always say the more canapes the better. Be sure to wash everything down with plenty of full-fat eggnog and save room for dessert and maybe a post event snack.

(Please note fruitcake is not to be considered an edible item, but rather a reminder that our ancestors once had to struggle to survive).



Reasonable Health Practitioners Reply:

This time of the year can play havoc with your waistline. With some simple strategies you should be able to survive with a smile on your face, a tasty morsel in your mouth and a hop in your step. Be sure and have plenty of healthy snacks with lean protein before you head to your company party or to a family event. Proteins are digested slowly and will give you plenty of energy. Avoid refined foods and added sugar. Always have a glass of water (club soda

if you like the bubbles) to help fill you up. Try what you want but do not overindulge. Extra exercise in the mornings will help reduce the impact of any added calories. Sample small bites of anything that catches your eye but fill up on the nutritious items such as salads, fruits or healthy soups. Enjoy the season and remember you don't have to clean your plate to have a great time.

**Please note that in many cultures, Coyote is the trickster and his advice should be taken with a grain of sodium reduced kosher sea salt (his section is intended for humor or parody). If you have any questions to ask of Dr. Coyote about diet, health, nutrition or exercise please e-mail: coyote@ncidc.org.*


End Of Year Wrap-Up

Northern California Indian Development Council, Inc. has completed another year of operation of our California Native Food and Nutrition Program (CFNP). During this last program year, we have accomplished a great deal including distributing 24,000 copies of our newsletter, over 2,100 copies of our cookbooks, and generating in excess of 11,000 visits to our Food and Nutrition web site.

We also released our first ever "Mini-Grant" Request for Proposals. By combining CFNP and Community Service Block Grant (CSBG) funds, we were able to award over \$140,000 in mini-grants to 35 eligible Indian Tribes and organizations. CFNP-related activities were one of five eligible activities under the mini-grant.

The following are proposals in the CFNP category that were funded, and a brief summary of the accomplishments of each. We hope to have another round of mini-grants in the next year, please check future newsletters for more information in upcoming months.

Continued on back page.....





Blue Lake Rancheria
Total Funding of \$5,000
Meals on Wheels

This mini-grant provided 1,215 meals consisting of 5 frozen meals, milk and juice to Tribal elders.

United Indian Health Services
Total Funding of \$4,641
Community Garden and Workshops

1. Proposed to provide traditionally prepared salmon at nine community events; and distributed an educational pamphlet about the nutritional value of salmon as a traditional food. This mini-grant was successfully completed and provided the following services: nine community events provided 775 nutritious salmon meals.

2. Youth Summer Camp and the Celebration of Food and Life events that were held and featured biodegradable food service supplies supporting the goal of conducting “zero waste” or low waste events whenever possible. Four hundred Indian people were served by this activity.

3. Canning workshops were conducted instructing Indian people in canning techniques. Initial workshop served eight Indian people, and the workshop will be repeated periodically.

Consolidated Tribal Health Project
Total Funding of \$230.27
Community Garden

Provided potting soil, seeds and fertilizer for a Community Garden Project that served 40 elders and clients of all ages.

Northern Valley Indian Health
Total Funding of \$5,000
Community Garden

Provided a community garden as a source of fresh fruits and vegetables to American Indian individuals and elders for distribution within their communities.

Yurok Tribe
Total Funding \$3,460
Community Garden

Provided a Village Subsistence Project with two components: a community garden and food preservation education.

1. 47 people at both sites cultivated, harvested and distributed produce for their community.
 2. Provided workshops to teach people how to can and preserve the produce that is grown in the community garden.
-

Enterprise Rancheria
Total Funding of \$5,000
Emergency Food Assistance

Provided emergency food assistance to 50 low income Tribal families.

NCIDC would like to thank all the organizations that worked in partnership with us to accomplish the goals and objectives of our CFNP Program, and we are looking forward to an excellent second year!

Venison Stew

- ◇ 1 lb. venison, cut into 1 inch chunks
- ◇ 4 medium potatoes, peeled and cut into quarters
- ◇ 1 small onion chopped
- ◇ 1/2 lb. mushrooms, sliced or whole
- ◇ 1 cup carrots, diced
- ◇ 1 cup corn or hominy
- ◇ 2 cans broth
- ◇ 1 cup water
- ◇ 1/4 tsp. garlic powder
- ◇ 1/8 tsp. oregano
- ◇ Salt and pepper to taste

◇ In a medium frying pan, fry venison and onion, just enough to sear the outside of the meat. Put all ingredients into a pot to slow cook. Let cook on low heat until vegetables are tender or desired texture. For a thicker stew add a little flour and let cook.

