# Resources and Tips for Working with American Indians and Alaskan Natives

**How to Use Resources & Tips**

Resources & Tips guides public health nutrition professionals to programs and resources for the American Indian and Alaskan Native (AI/AN) populations.

**What you will find**

On the first three pages, you'll find background, history, insight, cultural considerations and some general information about AI/AN, populations and their foods. These are followed by 9 categories of specific resources.

- Cultural Competency Trainings & References
- Reviews of Health Projects with American Indians
- Seeds, Gardening, Ethnobotany, Agriculture Products
- Specific Tribal or Regional Resources
- Consumer Resources
- Professional Resources
- Higher Education Resources
- Museums with American Indian Resources
- Key partners

**Target Population:** American Indian and Alaskan Native nutritionists and others who provide nutrition education in AI/AN communities.

**Background:** Over generations and through many cultures, the collection, cultivation and preparation of native foods supported populations throughout the hemisphere. These foods, five featured in the lovely Crops of the Americas* postal stamps and four in the Fruit Berries** shown on these pages, continue to flavor traditional and new recipes throughout the world. Evolving and tasty, these foods symbolize the heritage and wisdom of a region and offer color and flavor as well as nutrition. Corn became a staple food for millions and beans added still another rich plant protein to human diets. The squash, melons, chili peppers and sunflowers harvested and eaten throughout the world illustrate the culinary bounty provided to others by AI/AN. In the Resource Section of this document, are references to the trends that support sustainable agriculture, strong local economies and connections between growers, consumers and healthy foods. The heritage and traditions of American Indians offer much to those who recognize that food is more than nutrition; that food is part of the system that supports both individual and community life.

* Illustrations are from the "Crops of the Americas" United States postage stamps, issued in 2006, illustrated by artist Steve Buchanan. ** Fruit Berries Definitive Stamp designed by Howard Paine and illustrated by Ned Seidler and issued in 1999. See the consumer resource section for ordering stamps and related educational materials available from the United States Postal Service.

**General Suggestions:** This document has a variety of resources to learn more about particular regions and their traditional foods. Most American Indians and Native Alaskans are the experts in their own history and traditions and understand information in the context of their culture. People want to see a member of their own community. A knowledgeable and respected AI/AN person will be able to navigate the details of vocabulary and eating variables. Would anyone risk a new food taste recommended by a stranger? A person familiar with the place and time and age group may recognize the realities related to food choices. Lack of a reliable, safe water supply and easy access to soda pop is not really a fair choice, but it may be a reality unknown to a stranger. Costs and availability may be related to choices in the past that have become habits of today or they may remain significant concerns that would not be shared with a stranger. These resources showcase positive images and inspirational stories. There is no excuse for nutrition education materials that use hurtful stereotypes, when people from cultures that value dignity and beauty have already produced respectful materials.

**History:** Grounded in international law and the United States Constitution, tribal sovereignty is the principle that AI/AN's have inherent rights to be governed by their own laws – to the exclusion of state and local but not federal authority. It extends to some off-reservation rights such as hunting, fishing and gathering. **(1)** Rickert, Eve, "Raising the bar for lawyers" *High Country News*, Vol 39, No 17, p 10,September 17, 2007.

Traditional Indian health care practices and the western-model Indian health care system exist within a complex legal and historical framework. Basic principles of federal Indian law include: (1) tribes retain all of their inherent sovereignty that the federal government has not encroached upon; (2) the federal government, and not states, is in charge of Indian affairs; (3) the federal government only deals with tribal organizations or governments that it has recognized ; and (4) the United States has assumed a trust responsibility towards Indian nations resulting from treaty language and the role it has assumed with respect to limiting tribal sovereignty. This "trust responsibility" is the obligation to provide healthcare to American Indian and Alaskan Natives. It underlies the activities of the Indian Health Service and the system of hospitals, clinics, field stations and other programs. The legal and historical background of the current system reflects pendulum shifts between U.S. policy preferences for assimilation or for self-determination of Indian people. **(2)** Shelton, Brett Lee, *Legal and Historical Roots of Health Care for American Indians and Alaska Natives in the United States*, an Issue Brief for the Henry J. Kaiser Family Foundation, pps 1 – 5, February, 2004. Website with document www.kff.org

There are about 4.3 million people or 1.5% of the total U.S. population, who identify themselves as American Indian or Alaskan Native. Less than 10% of all American Indian tribal groups are 65 and older. About 1/3 of American Indians and Alaskan Natives are under 18 years old. **(3)** *We the People: American Indians and Alaskan Natives in the United States, Census 2000*, US Census Bureau, issued February, 2006.

There are over 565 federally recognized tribes and more than 100 state recognized tribes. There are also tribes that are not state or federally recognized. Approximately 36% of the population eligible for Indian Health Services live outside of areas where this delivery system is available. Studies on the urban American Indian and Alaska Native population document poor health and limited health care options. **(4)** American Indian/Alaska Native Profile, The Office of Minority Health, U.S> Department of Health and Human Services http://www.omhrc.gov/templates/browse.aspx?lvl=2lvlID=53 accessed October 23, 2007.
A regularly updated list of federally recognized tribes is at http://www.usa.gov/Government/Tribal_Sites/index.shtml . The March 22, 2007 *Federal Register*, Part V, Department of Interior, Bureau of Indian Affairs has the latest published list.

Safe and adequate water supply and waste disposal facilities are lacking in approximately 12% of American Indian and Alaska Native homes, compared to 1% of the homes for the U.S. general population **(5)** *Facts on Indian Health Disparities*, Indian Health Service, January, 2006 (website: http://info.ihs.gov/Files/DisparitiesFacts-Jan2006.pdf).This shockingly sad statistic contributes to the considerations of growing, safely preparing and preserving fruits and vegetables.

Native Americans have contributed significantly to the knowledge base about underlying biological issues for both diabetes and heart disease. Public health personnel as well as clinicians throughout the world benefit from this research. The Resource Section of this document has references to several important prospective epidemiological health studies from which priceless data may emerge for the obesity, diabetes and cardiovascular diseases which are now increasing rapidly throughout the world. A thorough review of literature related to obesity prevalence, consequences, contributing factors, intervention, and directions for future research has been recently published and is available on-line. **(6)** *Obesity and American Indians/Alaskan Natives*, prepared by Peggy Halpern, Ph.D, U.S. Department of Health and Human Services, April, 2007, http://aspe.hhs.gov/hsp/07/AI-AN-obesity.

American Indians have the highest per capita military participation rate, compared to any other major racial or ethnic group. **(7)** Huyers, Kimberly. "Socioeconomic Achievement

Outcomes and Veteran Status: Variations Among American Indians, African Americans and non-Hispanic Whites" Paper presented at the annual meeting of American Sociological Association, Montreal Convention Center, Montréal, Quebec, Canada, Aug 11, 2006. http://www.allacademic.com/meta/p103768_index.html Opportunities to honor veterans are important occasions. Healthy food, including traditional crops and ceremonial foods, may be at these events.

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| RESOURCES SECTION | | |
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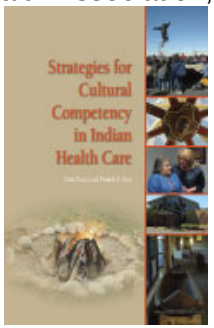
| **Cultural Competency Trainings** | | |
| **RESOURCE** | **DESCRIPTION** | **WEBSITE/SOURCE** |
| Cultural Competency Training | Tailored training by tribal members of 1 – 2 days on topics such as "Working Effectively with American Indians", "Historical, Legal and Political Perspectives", "Historical Trauma Response and Intergenerational Trauma" and "Protocols for Working With Tribes" | Pamela E. Iron, M Ed.<br>Executive Director<br>National Indian Women's Health Resource Center<br>228 S. Muskogee Avenue<br>Tahlequah, OK 74464<br>Toll Free: 1 (866) 4NIWHRC<br>(918) 456-6094<br>Fax: (918) 456-8128<br>Email: peiron@niwhrc.org |
| Book: *Strategies for Cultural Competency in Indian Health Care* , Mim Dixon and Pamela E. Iron, American Public Health Association, 2006<br>  | This book and its accompanying CD provide an excellent overview of the importance of cultural training for both Native and non-Native providers. It is written from a Native perspective and is highly recommended for anyone working with Native people or who just wants a better understanding of cultural competency. Quote from website http://www.medscape.com/viewarticle/542680_print review by Patricia D. Mail, PhD, MPH | ISBN 0-87553-070-2 softcover, $26.95<br><br>Published by American Public Health Association available at http://www.apha.org/publications/bookstore<br><br>Click the shopping cart icon, then select the APHA catalog; the picture of the book is on the cover of the 2008 – 2009 catalog. Or<br>Email: apha@pbd.com<br>Phone: 888-320-APHA<br>Mail:<br>American Public Health Assoc.<br>Publication Sales, P.O. Box 933019<br>Atlanta, GA 31193-3019 |
| A Training on the topic, "Teaching Respect for Native People" | This workshop is to guide participants through portrayals of Indian peoples with role-plays, improvisations and skits; major emphasis on perspectives and values, stereotypes and curriculum development; also culturally appropriate art activities for the classroom and home. Maximum of 40 participants/workshop. | http://www.oyate.org/workshops.html<br>to speak with a trainer:<br>(510) 848-6700<br><br>Address on Order Form for Curriculum and Books<br>2702 Mathews St.<br>Berkeley, CA 94702<br>oyate@oyate.org |

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| | "Oyate is a Native organization working to see that our lives and histories are portrayed honestly, and so that all people will know our stories belong to us."<br>- from the website www.oyate.org | |
| American Indian Cultural Sensitivity Trainings:<br><br>Working with the American Indian Population<br>Walking in Harmony in this World<br>Leadership: Through the Eyes of a Woman | This provider will develop high impact, interactive trainings and seminars for the contractor's needs; strong background in cultural diversity, social justice issues, leadership, and American Indian education. | Maxine Roanhorse-Dineyazhe, Ed.D.<br>Lecturer/Program Coordinator<br>ASU Mary Lou Fulton College of Education<br>Division of Curriculum & Instruction<br>Indigenous Teacher Preparation Program<br>P.O.Box 872011<br>Tempe, AZ 85287-2011<br><br>Office: (480) 727-6967<br>Email: Maxine.roanhorse@asu.edu |
| *Guidelines for Nurturing Culturally Healthy Youth* is one of several resources of the Alaskan Native Knowledge Network.<br> <br><br>Picture of Aleasha Qignak Atoruk, a second year student at Nikaitchuat Ilisagjiat. | This is a thirty page document with specific suggestions adopted by the Assembly of Alaska Native Educators in 2001. There are guidelines for elders, parents, youth, communities & clans & native organizations, educators, schools, childcare providers, juvenile justice & youth services, researchers, general public and a list of resources. The cover of this document has a picture that makes ice-fishing look like fun! Although most examples are Alaskan, the concepts are universal. One of the participating agencies was the Native Hawaiian Education Council.<br><br>Alaskan Native Knowledge Network (ANKN) has on-line maps, publications, curriculum resources, Native educator associations and a glossary of acronyms! | http://www.ankn.uaf.edu/index.html<br><br>907-474-1902<br>Email: publications@ankn.uaf.edu<br><br>Download the *Guidelines for Nurturing Culturally Healthy Youth:*<br>http://www.ankn.uaf.edu/publications/youth.pdf |

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| An essay with a list of books, titled *"I" Is for Inclusion.* It was written by Naomi Caldwell, Gabriella Kaye, and Lisa A. Mitten, October, 2007. | The 21 page document is organized into several parts, with resources for evaluating books and identifying stereotypes. Includes the large number of books for children and young adults written by Native authors, also includes section on contemporary Indians from many parts of North America in variety of activities including golfing at casino golf courses and preparing for traditional dances, and certainly sources and preparation of foods. | http://www.ailanet.org/publications/index.htm Look under "PUBLICATIONS" and then under "Handouts and Small Publications" and download the PDF file of *"I" Is for Inclusion*. The few paragraphs that document the original development and update of the document are as interesting as the document. |
| This is a two page basic review of concepts titled *Communicating with Your American Indian/Alaska Native Patient.* | Culture Clues ™ Patient and Family Education Services; more related to concerns during illness but also family/community, verbal and non-verbal communication and touch; developed by Native American Center for Excellence, Urban Indian Health Institute and University of Washington School of Public Health Students | http://depts.washington.edu/pfes/pdf/AmericanIndianCultureClue4_07.pdf<br><br>Patient and Family Education Services<br>1959 N.E. Pacific Street<br>Box 358126<br>Seattle, WA 98195<br>206-598-7498<br>pfes@u.washington.edu<br><br>Set your search engine or Google: Culture Clues Communicating with your American Indian Patient |
| Twelve pages on " Providing Culturally Appropriate Care" in an online resource by Association of American Indian Physician's *AI/AN Diabetes Resource guide for Health Professionals* | Overview of traditional and modern western medicine, discussion of cultural competence, recommendations and self-assessment checklists included | to download form, its necessary to complete a small amount of information:<br>http://www.aaip.org/programs/diabetes/drg_download_form.htm<br>Association of American Indian Physicians<br>1225 Sovereign Row, Ste. 103<br>Oklahoma City, OK 73108<br>Phone: 405-946-7072<br>FAX: 405-946.7651<br>http://www.aaip.org |
| Reference book and large clear map of IHS service areas, paperback | *Indian Health Service: a Culture of Caring*, 2003; exceptional map of Indian Country in back pocket of book; includes missions and goals of I H S, clear explanation of laws and policies related to self determination and self-governance that have altered the health care delivery system. This resource explains | Like all government published materials, this one is available from the libraries which are designated at regional depositories. Plan to use the materials at the library, because they can't be removed from the libraries. Users may make copies on site. Check the following website for a list of all libraries, by state; a fast website: www.gpoaccess.gov |

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| | the option of contracting for services instead of IHS direct services. More than 50% of appropriated budget is now allocated to tribally managed programs through contracts. Includes extensive list of IHS professional contacts and resources divided by the 12 service areas around the country and resource for photos that can be used in presentations; no photos of food preparation or agriculture currently cataloged. | |
| **Literature Reviews of Health Related Projects with American Indians** | | |
| **RESOURCE** | **DESCRIPTION** | **WEBSITE/SOURCE** |
| Pathways Curriculum Materials | Pathways was an obesity prevention study on American Indian children in grades 3 – 5. It has parental involvement activities, physical education, and a food service program. Pathways developed the program to be appropriate and appealing to American Indian children. The materials are very user-friendly and may be modified for use by other communities in addition to American Indian communities.<br>Tips for classroom management particularly practical and positive!<br>Check the website to learn more about the symbols in the project logo! | The materials are described in detail and can be downloaded from the University of New Mexico Web site http://hsc.unm.edu/pathways/<br><br>Contact:<br>Dr. Sally Davis, Director/Principal Investigator<br>UNM/CHPDP/Pathways<br>MSC 11 6145<br>1 University of New Mexico<br>Albuquerque, New Mexico 87131<br>505-272-4462<br>smdavis@unm.edu |
| Diabetes Prevention Program (DPP) | The Diabetes Prevention Program was a 27 center randomized clinical trial that studied more than 3,200 adults at increased risk of type 2 diabetes; 5% of participants were American Indian. Results showed that lifestyle changes reduced the risk of development of Type 2 diabetes by 58% and was effective for all ages and ethnic groups. Study done on those 25 years and older, but results indicate prevention with healthy diet and physical activity needed for youth. | Knowler, WC, Barrett-Connor E, Fowler SE, et al, "Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin" *N Engl J Med* 2002 Feb 7; 346 (6):393-403<br><br>Click on the map nearest an area of service at http://www.cdc.gov/diabetes/states/index.htm Find additional materials from 59 state and territorial Diabetes Prevention and Control Programs (DPCPs) with commitments to improve health and quality of life for all people with diabetes. |

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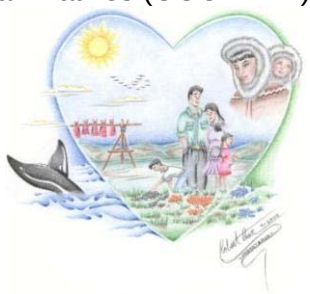
| Strong Heart Study | Study of cardiovascular disease and its risk factors among American Indian men and women, since 1988. Study includes three major geographic areas and about 4,500 participants. Study has had several phases, most recently focused on genetic epidemiology to investigate the heritability of CVD and localize genes that contribute to CVD risk.<br>Descriptions of this study are very technical and not directly helpful for developing patient education materials. | http://strongheart.ouhsc.edu/<br><br>Center for American Indian Health Research<br>College of Public Health<br>University of Oklahoma Health Sciences center<br>P.O. Box 26901<br>Oklahoma City, OK 73190-0901<br>(405) 271-3090<br>Toll Free 1-888-231-4671 |
| Genetics of Coronary Artery Disease in Alaskan Natives (GOCADAN) Study<br>  | Longitudinal, population-based study to investigate genetic determinants of cardiovascular disease and risk factors in Alaskan Natives. This study provided extensive information about dietary intakes of a population different from non-natives, including 6 times more fish intake. | https://www.sfbr.org/gocadan.secure/index.html<br><br>The website has practical information which promotes traditional foods with a comparison to non-native foods, such as the value of willow shoots compared to iceberg lettuce. Look under "Resources for Our Community". This website also has a clear and accurate primer on genetics, an interesting concept, often difficult to explain. |

| **Seeds, Gardening, Ethnobotany, Agricultural Products Resources** | | |
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| **RESOURCE** | **DESCRIPTION** | **WEBSITE/SOURCE** |
| This is a seed catalog which includes a growing calendar and history of agriculture among tribes of the Greater Southwest.<br><br>Published and on-line newsletter with topics related to edible plants of the Southwest. | The Native Seeds/SEARCH conserves, distributes and documents the adapted and diverse varieties of agriculture seeds, their wild relatives and the role of the seeds in the cultures of the American Southwest and northwest Mexico. They have a policy of providing FREE seeds to Native Americans.<br><br>The *Seedhead News* back issues are resources for recipes and practical growing suggestions for edible plants. Their staff of | Native Seeds/SEARCH<br>526 N. 4th Ave.<br>Tucson, AZ 85705<br>866-622-5561<br>Fax: 520-622-5591<br>www.nativeseeds.org<br>Check the website for complete text issues of The *Seedhead News*. |

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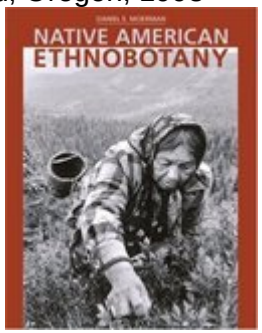
| | volunteers answers questions, too. | |
| Internet database of plants used as drugs, foods, dyes, fiber, ceremonial and other uses by natives Peoples of North America<br><br>*Native American Ethnobotany*, by Daniel Moerman, published by Timber Press, Portland, Oregon, 1998<br>  <br><br>Ellen Squiemphen of Confederated Tribes of Warm Springs picking huckleberries in Oregon, photo 1978 | This site is most useful if one has a common name or the scientific name of a particular plant; when entered into the search window, a list of publications that document the use of the plant by native people will show a short summary and provide a link to the USDA data bank for plants. Pictures, range maps and endangered status can be found on that site.<br>The information from the databank was published in the 1998 reference book. More than 4,000 species are included with extensive cross references. Several book reviews listed this as the single, most inclusive reference on the topic, but noted that other resources are needed for pictures; therefore the combination of the book and the website with links to the USDA plant data base are helpful; the book was the culmination of the author's lifetime of collecting this information | http://herb.umd.umich.edu/<br><br>book still available in new or used conditions; price range is about $40 - $80; only in hardback edition |
| Website with resources of White Earth Land Recovery Project (WELRP)<br><br>Catalog of agricultural products and educational materials related to traditional and sustainable agriculture<br><br>Manoomin: a Minnesota Way of Life DVD | This group makes an effort to protect ancient traditional crops from extinction and to encourage traditional agriculture. Products can be purchased.<br>DVD description:<br>"This 22 minute documentary will inform you of the complex issues surrounding genetic engineering, patenting, and the State grain of Minnesota. Wild rice cleans our lakes and provides important habitat for migrating waterfowl. Its continuation, in its pure form and essence, is the key to the survival of the Minnesota way of life, culture, community health and future generations of the Ojibwe people. ." From the website | http://nativeharvest.com/<br>source of wild rice, maple syrup, honey, vinaigrette salad dressings and Ojibwe arts including birch bark baskets<br><br>888-274-8318<br><br>White Earth Land Recovery Project<br>607 Main Avenue<br>Calloway, MN 56521<br><br>To see the video on Manoomin, Wild Rice use: http://www.savewildrice.org Note this server is powered by the wind! |

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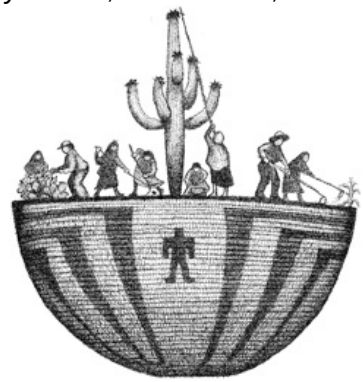
| | www.nativeharvest.com Project advocated by Winona LaDuke, environmentalist. | |
| Traditional foods from Sonoran Desert for purchase:<br>tepary beans, cholla buds, sahuaro syrup<br>  | TOCA (Tohono O'odham Community Food System) is a project dedicated to the creation of a sustainable food system within the Tohono O'odam community. Customers can contact them to purchase products and they are also distributed locally. Their website lists the ways traditional agriculture connects physical health and cultural survival.<br>Check the website for the report *Community Attitudes Toward Traditional Tohono O'odham Foods*, 2002, for in interesting survey and recommendations. | Tohono O'odham Community Action<br>P.O. Box 3129<br>Sells, Arizona 85634<br>520- 383-4966<br>Email: Isaac@tocaonline.org<br>Website: http://www.tocaonline.org<br>Blog: http://web.mac.com/tocablog<br><br>Tepary beans – 2 lbs - $3.50<br>Cholla buds - $8.00/bag<br>Saghuaro syrup (sitol) - $15.00 |
| Product for purchase: Tanka Bar, 100% Natural Buffalo Cranberry Bars | Innovative nutritional product made of dried buffalo meat and dried cranberries, an energy bar; production and distribution is a tribal enterprise based on traditional foods and the traditional recipe for WASNA, a food which stores well; each bar has 70 calories, 7 grams protein, 7 grams of total carbohydrate, 1.5 grams of fat and 360 mg of sodium. | www.tankabar.com 96 individual wrapped bars for $99 with free shipping; call for samples!<br><br>(605) 455-2187<br>1-800-416-7212<br>Fax: (605) 455-2019<br>customerservice@tankabar.com<br><br>Native American Natural Foods<br>287 Water Tower road<br>Kyle, SD 57762 |
| Website with links to sites related to sustainable agriculture.<br><br>Book by founder of university center: *Renewing America's Food Traditions Saving and Savoring the Continent's Most Endangered Foods* by Gary Paul Nabham, Editor and Forward by Deborah Madison, released 4/01/08 | **The Center for Sustainable Environments (CSE) focuses on increasing food security and agricultural sustainability on the Colorado Plateau, and incorporates social and cultural ties. Some projects are in specific communities but they apply to others. The goal is to promote sustainability on the Colorado Plateau and beyond. This agency is located** | http://home.nau.edu/environment/sustainable_agriculture.asp<br>http://home.nau.edu/environment/food.asp<br><br>**Center for Sustainable Environments (CSE)**<br>PO Box 5765<br>Flagstaff, AZ<br>86011-5765 |

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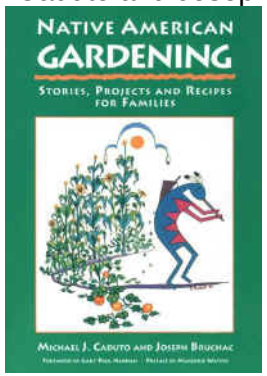
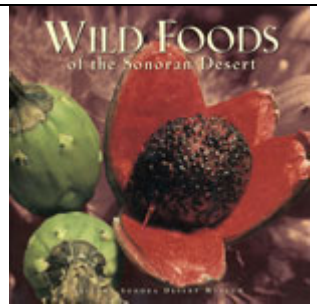
| | **within Northern Arizona University.**<br><br>From the website book description:<br>"Beautifully illustrated dramatic call to recognize, celebrate, and conserve the great diversity of foods that gives North America its distinctive culinary identity….offer rich natural and cultural histories as well as recipes and folk traditions…" | Phone: 928-523-0637<br>Fax: 928-523-8223<br><br>Book available through bookstores and described in "publications" on website.<br>Cost between $23 - $35 |
| This is a book for family gardening.<br><br>*Native American Gardening Stories, Projects and Recipes for Families* by Michael Caduto and Joseph Bruchac<br>  | This book features specifics from various areas of the country with information on seeds, natural pest control and recipes to use the harvest. There is even advise on vandalism – how to protect the product! Both authors known for expertise: on ecology and the environment and on stories. | Available through bookstores. List price is $14.95 |
|  <br>*Wild Foods of the Sonoran Desert* by Kevin Dahl | Native American gathering and farming methods and the role desert plant foods play to maintain the health of people who live in the desert; gathering or growing these foods; photographs of actual foods in section titled "Nutritional Champions"; amazing information on corn smut, now called maize mushroom in some restaurants. Published 1995 by Sonoran- Desert Museum, 24 pages, full color. More recently published *Native Harvest: Authentic Southwestern Gardening* by Kevin Dahl, published by Western National Parks, 2006, | *Wild Foods of Sonoran Desert (*$4.95) may not be in bookstores, but still available from publisher. They also carry *Native Harvest: Authentic Southwestern Gardening*. ($7.95) This more recent book also at other sources like bookstores.<br>www.desertmuseum.org/<br>follow links from ASDM Press/Plants to order online or<br>Desert-Sonoran Museum<br>2021 No. Kinney Road<br>Tucson, AZ 85743<br>Phone: 520-883-1380<br>FAX: 520-883-2500 |

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| List titled “Books on Food, Cooking, and Plant Use by Native Americans”<br> <br>*Corn Dance, Taos Pueblo*, 1934 by Norman S. Chamberlain, included in booklist | 36 books, listed alphabetically by author; prepared by the Resource Center, National Museum of the American Indian, Smithsonian Institution; references from most parts of North America and ranging from a practical 4-H program gardening guide (*The Three Sisters: Exploring an Iroquois Garden,* 1993 Cornell Cooperative Extension) to extensive academic references from university presses, most published between 1970s – 2002, some reprints of earlier publications | http://www.si.edu/Encyclopedia_SI/nmai/nafood.htm<br><br>The list is in Braille or audio cassette, contact:<br>Smithsonian Information<br>P.O. Box 37012<br>SI Building, m 153, MRC 010<br>Washington D.C., 20013-7012<br>info@si.edu<br>202.633.1000 (voice)<br>202.633.5285 (TTY) |

| **Tribal Group or Geographically Specific Resources** | | |
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| **RESOURCE** | **DESCRIPTION** | **WEBSITE/SOURCE** |
| Anishinaabe Traditional Foods Pyramid and accompanying book*, Let’s Cook Our Food*<br> <br> | Poster-size; 11 x 17 inches, developed by the “Defeat Diabetes Program”, Anishinaabe Center, Detroit Lakes, MN. | Nokomis Learning Center<br>5153 Marsh Road<br>Okemos, MI 488864-1198<br>(517) 349-8560<br>Fax (517) 349-8560<br>Poster: $13.50, laminated<br>Cookbook: $6.00<br><br>Also, available under “products” in the online catalog of The White Earth Land Recovery Project<br>http://www.nativeharvest.com<br>cost is $8.95 + S & H |

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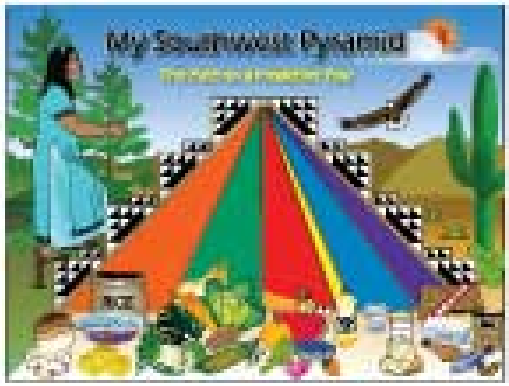
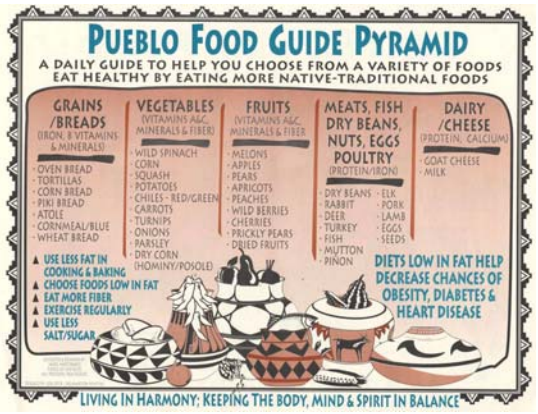
|  | Developed by the Intertribal Council of Arizona; second page has extensive listings of traditional foods by food group. It shows that Chumath and Blue Corn Mush are in the "Grain" group. There are clear and colorful graphics to make this a teaching tool for general nutrition education. | No cost.<br><br>Melva Zerkoune, MS, RD<br>Intertribal Council of Arizona<br>2214 No. Central Ave.<br>Phoenix, AZ 85004<br>Phone: 602. 307.1513<br>FAX: 602-258.4825<br>Melva.Zerkoune@itcaonline.com |
|  | Originally developed by Pueblo of San Felipe WIC Program, New Mexico; although no longer current with 2005 MyPyramid.gov, may be appropriate for comparisons and back page may be useful with lists of traditional foods indigenous to the Rio Grande River agricultural products. | Mary Lucero<br>San Felipe Pueblo, WIC<br>P.O. Box 4339<br>3 Cedar Road<br>San Felipe, New Mexico 87001<br>505-771-9924 –<br>melucero@quest.net<br><br>Also for small cost from stock of designer:<br>Jackie Martorano<br>Creative Nutrition Education, LLC<br>P.O. Box 11993<br>Albuquerque, NM 87192-0993<br>www.creativenutritionedu.com<br>email: jackiemarto@yahoo.com or<br>jackie@creativenutritionedu.com<br>fax: 505-294-5077 |
| *Balance Your Pueblo Plate* graphic for counseling people with diabetes | This graphic, most appropriate for counseling emphasizes the importance of filling half the plate with non-starchy vegetables; developed for people with diabetes, but can be used by anyone; words describe traditional foods, but general pictures show physical activity and beverages. | Resource only in older electronic format, may need to request a hard copy.<br><br>Contact Kelly Vort, Dietitian<br>San Felipe Pueblo Health and Wellness Department<br>P.O. Box 4339<br>San Felipe, New Mexico 87001<br>505-771-9901, Ext. 1101 |

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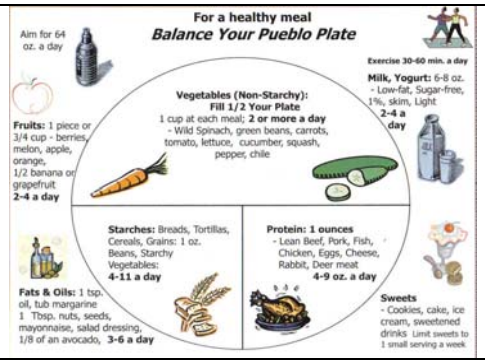
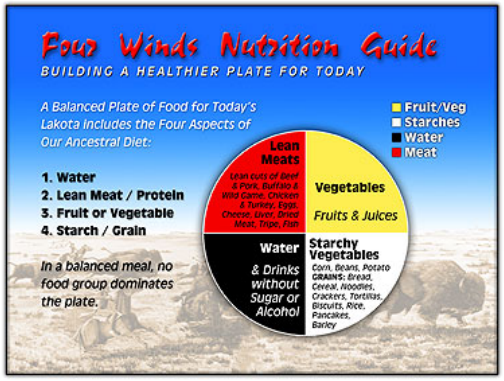
|  | | |
| Four Winds Model for Healthy Eating<br>  | This model integrates traditional concepts of balance in the sacred symbol of a medicine wheel for use by Northern Plains Nations. Foods are combined with the winds; the East wind bringing new plant growth represented by fruit and vegetable plant products and also new information about preventing chronic diseases.<br><br>Similar concepts adapted for California Rural Indian Health are listed below. | http://www.tribalconnections.org/health_news/native_roots/april2004p1.html or use a search engine with Tribal Connections – Health News- Native Roots – Page 1<br><br>Developed by Kibbe Conti, RD, CDE, LN, a member of the Oglala, Lakota tribe from Pine Ridge, South Dakota. She is available to develop nutrition education programs.<br><br>Northern Plains Nutrition Consulting<br>6134 Wildwood Drive<br>Rapid City, SD 57702<br><br>605-391.6206<br>Kibbe1@msn.com |
| C.D. of California Foodways Images<br> | The Committee for Traditional Indian Health of the California Rural Indian Health Board, Inc., (CRIHB) has produced a CD with 12 graphic images that compare and contrast introduced foods with traditional California foods. There are historical pictures and maps as well as pictures of foods. There is an image of a broken basket and posters for small or large groups and lists of the healthiest native and natural foods, including many fruits and vegetables. The Committee encourages other regional/tribal communities to document food history and suggests ways | Traditional Indian Health Education Program<br>Mark LeBeau, Program Director<br>California Rural Indian Health Board, Inc.<br>4400 Auburn Blvd., 2nd Floor<br>Sacramento, CA 95841<br><br>916-929-9761<br>Mark.LeBeau@crihb.net or<br>Stacey.Kennedy@crihb.net<br><br>There is a very limited supply of the CDs, but for a small shipping cost, the printed pages or a PDF. |

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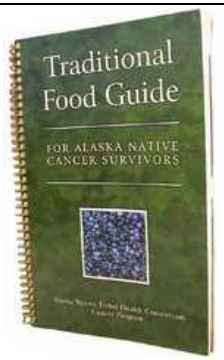
| | to modify these materials. | version may be sent. |
| | The poster seems based on the 1995 Food Pyramid to promote the Dietary Guidelines, but has graphics with traditional foods. It is unclear what group developed this graphic.<br><br>The on-line catalog has a variety of other resources, generally on health topics, but some cultural maps for North American nations (Northwest, Artic, Southeast and Great Plains); extremely fast website | http://nativereflections.net/hap3.htm<br><br>poster is $11.95<br><br>located in online catalog for First Nation, Inuit and Métis peoples<br><br>Note this is a Canadian site, but there is no tax on USA orders. Contact company for details of ordering by phone, fax or mail.<br><br>info@nativereflections.com<br>1-866-522-9322<br>FAX 1-204-261-4080<br><br>Native Reflections<br>Box 2790 Station Main<br>Winnipeg, Manitoba<br>Canada R3C 4B4 |
|  <br>*Traditional Food Guide for Alaskan Native Cancer Survivors* from Alaska Native Tribal Health Consortium | A full-color 142 page guide has 70 foods from land and sea and 30 recipes. Each item has a photo, the commonly used name, preparation techniques and history of use, personal stories from different Alaska Native cultures, three different ways to understand a food's nutritional value, food safety and portion sizes. Published March, 2008.<br><br>Primarily for Alaskan Native cancer survivors, but resource for all. Main authors are Christine DeCourtney, Desiree Simeon, and Karen M. Mitchell with many collaborators. Funded through Lance Armstrong Foundation with local and national healthcare organizations. Recommended by | Free for Native Alaskan cancer patients<br><br>$24.94 for others<br><br>Karen M. Matchell (907) 729-4491<br>kmmitchell@anthc.org<br><br>Alaskan Native Tribal Health Consortium<br>4000 Ambassador Dr.<br>Anchorage, AK 99508<br>FAX: (907) 729.1901 |

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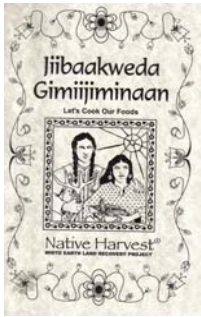
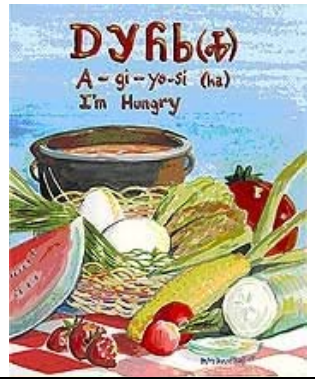
| | Dr. Nora Nagaruk, a cancer survivor and medical doctor who reviewed the book. | |
| *Jiibaakweda Gimiijiminaan (Let's Cook Our Foods)* by Native Harvest ® White Earth Land Recovery Project, The cookbook is titled*, Native Harvest Cookbook* on the website source.<br>  <br> | 42 page cookbook with 7 recipes for vegetables and salads and 15 recipes for soups and stews; many use pumpkins, beans, spinach, mushrooms, juniper berries and watercress and rhubarb. Lacks nutrient analysis, but clear cooking directions; descriptions of cattail plant as food, including the young plant raw in salads and dried and ground roots as flour.<br><br>Website reviews importance of traditional foods, including nutritional information on wild rice and Arikara Squash. A food delivery program currently provides traditional and healthy food items to 180 people with diabetes and their families. Participants receive a bag of food containing buffalo meat, hominy corn, chokecherry or plum jelly, maple syrup and wild rice, along with vegetables and fresh food from North Country Food Bank in Crookston, MN. | http://www.nativeharvest.com - cookbook is on page 7 of the on-line catalog, which is a little awkward to use. The cost is $6.95 from this website.<br><br>Native Harvest<br>32-33 E. Round Lake Road<br>Ponsford, MN 56575<br>888-779-3577<br>This mailing address is taken directly from the cookbook.<br><br>Cookbook is $12.95 + $4.95 shipping |
| *A-gi-jo-si (ha) I'm Hungry Cookbook* by Cherokee Nation Dietitians<br>  <br> | This on-line cookbook has a nutrient analysis for each recipe and one recipe/page; simple cooking techniques; in addition to the salads, soups, vegetable recipes, there is also a section for traditional recipes including blackberry and grape dumplings, kanuchi, wild onions and eggs and fried corn; there are eleven recipes in the beverage section which may be alternatives to regular soda, although some use sugar substitutes; simple illustrations with many recipes. | Picture of cookbook cover:<br>http://steps.cherokee.org/Default.aspx?tabid=1327<br>Cookbook contents:<br>http://steps.cherokee.org/Default.aspx?tabid=1929<br><br>Cherokee Nation<br>P.O. Box 948<br>Tahlequah, Oklahoma 74465<br>918-453-5000<br>1-800- 256-0671 |

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| Cookbook: *Native Cookbook* by CAIRE (Center for American Indian Research and Education), 1998 | This collection of recipes, most analyzed for nutrient composition/serving, was contributed by American Indian and Alaskan Native women in California. Seasonal and traditional food items in recipes which are compatible with busy lifestyles. Eight recipes of teas and beverages that can be alternatives to soda and 25 vegetable and side dishes including several using specific greens. Suggestions on where the traditional ingredients are found in California are included with recipes. Recipes are in medium print and one/page. | Order up to 10 copies at no cost from:<br>Native CIRCLE Resource Catalog (Cancer Information Resource Center and Learning Exchange)<br>Charlton 6<br>200 First Street, SW<br>Rochester, MN 55905<br>877-372-1617 FAX: 507-266-2478<br>www.nativeamericanprograms.org Click on the Native Circle catalog then the order form;<br>need to scroll to last page (12 of 12) to find the cookbook; several other resources including the children books about diabetes prevention and one cookbook with Ojibway Recipes. Another site that goes directly for the order form is below:<br>http://cancercenter.mayo.edu/upload/completelist.pdf |
| *Three Sisters Cookbook* | Online cookbook with 13 recipes featuring corn, squash and beans; each has nutritional analysis and easy to follow directions for printing each page; introduction includes description of the elegant combination of these three plants both in the garden and in the kitchen.<br><br>Produced by the Oneida Nation with funding from the New York Department of Health, Division of Nutrition | Recipes are on the website of the Oneida Nation at http://oneida-nation.net/cookbook |
| curriculum guide *California Indian Food and Culture* | Curriculum about California Indians; especially detailed information on food and culture; acorn preparation has several photographs, ovens and drying sea food and contemporary celebrations covered along with some nutrition terms and extensive glossary; entire kit available to borrow from lending source with audio cassettes and teacher's resource guide; PDF download of 49 page resource from website. | Phoebe A. Hearst<br>Museum of Anthropology<br>103 Kroeber Hall<br>Berkeley, CA 94720-3712<br><br>510.642.3683<br>pahma@berkeley.edu |

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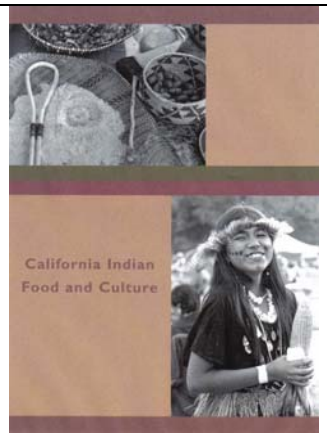
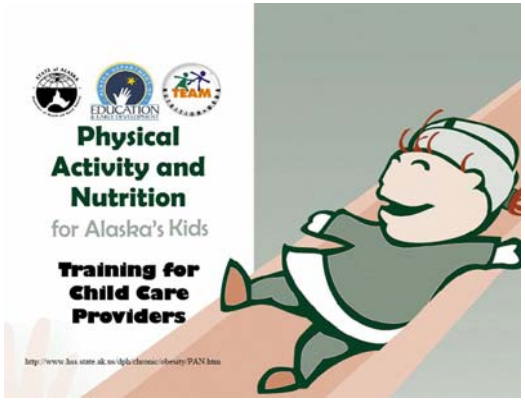
|  <br>Girl on cover is Rae Navarro (Chumash), Pow-wow, San Ynez, 1996 | | |
| Training Manual for Parents, Teachers and Food Service Staff, *Physical Activity and Nutrition for Alaska's Head Start Kids*<br>  | Thorough review of importance of healthy weight in children with statistics specific to Alaska in variety of graphics that are easy to follow; classroom resources for both nutrition and physical activity; detailed training sessions appropriate for families using 2005 Dietary Guidelines, especially detailed section on Traditional Foods in Alaska, p. 62 – 67 including safety issues for using donated traditional foods; some nutrient information specific to wild rhubarb, sourdock, lowbush cranberries and highbush salmonberries; appendix with lesson plan for kids in preschool to Grade 2; one of the most comprehensive and practical and current training guides available for people in Alaska or with a general interest. | Training manual and 8 PowerPoint presentations online at http://www.hss.state.ak.us/dph/chronic/obesity/PAN.htm<br><br>copies from<br>Section of Chronic Disease Prevention and Health Promotion<br>3601 C Street 722<br>Anchorage, AK 99503<br>907-269-2020 cdphp@health.state.ak.us<br><br>call<br>Karol Fink, MS, RD<br>907-269-3457 or Karol.Fink@Alaska.gov |
| Factsheets on locally grown foods, including preservation | Everything one would possibly want to know about produce grown or gathered in cold climates, including how to preserve and prepare the foods. Most items listed from this Cooperative Extension site are electronically available, but some have a minimal cost for a printed copy. *Tantalizing* | http://www.uaf.edu/ces/publications/fhepubs.html#fnh<br><br>University at Fairbanks, Cooperative Extension Service<br>1000 University Avenue #138<br>Fairbanks, AK 99709 |

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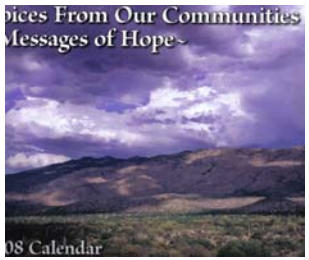
| UAF Cooperative Extension Service FAIRBANKS | *Turnips* and *Rhubarb Recipes* are 2 titles from among dozens in the food and nutrition section of resources. Inconsistent for nutrient analysis, but many classic preparations and many recently revised; excellent source for food safety and canning information. | 907.474.1530 |
| **Consumer Resources** | | |
| **RESOURCE** | **DESCRIPTION** | **WEBSITE/SOURCE** |
| calendars, kids calendars and notecards | Calendars, kids calendars, notecards all promoting fruits and vegetables with American Indian artifacts, like rugs, pots, baskets and dolls; most but not all with Southwest themes | $4.00 ; quantity discounts<br><br>Creative Nutrition Education, LLC<br>P.O. Box 11993<br>Albuquerque, NM 87192-0993<br>www.creativenutritionedu.com<br>email: jackiemarto@yahoo.com<br>fax: 505-294-5077<br><br>Jackie Martorano MS, LN, CDE, owner of this business, is available to develop new materials upon request. |
| calendar   | Voices From Our Communities – Messages of Hope – 2008 calendar; features individuals and families from a variety of tribes and all ages, sharing positive stories of healthy living; professional photography with inside and outdoors, gardens, rural and urban settings; new editions annually | Coordinated by Phoenix Indian Medical Center's Center for Excellence and the National Institutes of Health's National Institute of Diabetes, Digestive and Kidney Diseases – no charge- request from Mary Hoskin at mhoskin@mail.nih.gov or Sue Murphy at suzan.murphy@ihs.gov or the PIMC Breastfeeding Helpline 1-877-868-9473<br><br>Phoenix Indian Medical Center<br>4212 No. 16th St. |

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| | | Phoenix, AZ 85015 |
| set of 4 childrens' books<br><br>*Through the Eyes of the Eagle,*<br>*Knees Lifted High, Tricky Treats*<br>*Plate Full of Color*<br><br> <br> | Authored by Georgia Perez of Nambe Pueblo and illustrated by Patrick Polo, Bad River Tribe of Ojibwe and Lisa A. Fifield, Oneida Tribe of Wisconsin, Black Bear Clan, this series of books feature Mr. Eagle and Miss Rabbit and a clever trickster, Coyote. They encourage Rain that Dances and his friends in the thrills of physical activity and healthy eating, learning from elders about diabetes prevention. | Tribal programs may receive these materials for no charge:<br>Phone: 800-232-4636 email: cdcinfo@cdc.gov<br>Website: www.cdc.gov/diabetes<br>For programs serving Native American children, the Eagle Books are available through the Indian Health Service http://www.ihs.gov/MedicalPrograms/diabetes/resources/rde/index.cfm?module=catalog. For more information, please contact Dave Baldridge at 505-232-9908.<br>For a set of curriculum materials including the 64 page teaching guide and activities - $24.50<br>Public Health Foundation Publication Sales<br>P.O. Box 753<br>Waldorf, MD 20604<br>(877) 252-1200<br>http://bookstore.phf.org |
| catalog of nutrition education materials<br>Neat Solutions for Healthy Kids, Inc.<br> <br> | The catalog contains a variety of books, including series on fruits and vegetables for different age groups. One series includes title on American Indian Foods for ages 4 – 8 years; large collection of multicultural titles including Cherokee legends; plastic food models and posters | Neat Solutions, Inc.<br>P.O. Box 2432<br>Martinez, CA 94553<br>888-577-NEAT<br>Fax: 925-934-5086<br>Email: customerservice@neatsolutions.com<br>Website: www.neatsolutions.com |
| Strong in Spirit Native American Diabetes Project<br> <br> | Entire curriculum, planned for use with Pueblo tribes along the Rio Grande River in New Mexico, but can be used by anyone who registers on line; one page hand out especially for promoting fruits in black and white with line drawings. This resource could be used directly by consumers or professionals looks for teaching materials related to healthy diets and physical activity. | http://www.laplaza.org/health seek the menu for Strong in Spirit, Native American Diabetes Project; be sure to register use (no charge)<br><br>This is a telecommunity, there is no physical address. |

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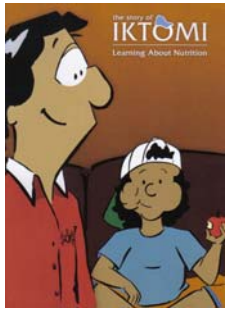
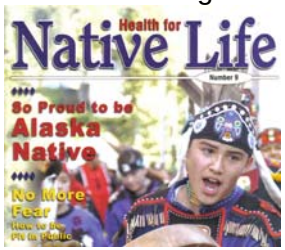
| CDs with story of family reactions to members with diabetes; *Story of Iktomi, Learning About Nutrition* and 5 other CDs   | CDs use story with humor and lovely narration and animation to show typical family situations, includes references to Midwestern traditional foods like buffalo and wild rice, easy to use links to additional resources and simple review of concepts for use in counseling or small groups; fruits and vegetables noted as major food groups for emphasis on the newest food pyramid; use of this section of the DVD could be an enhancement of a food demo of fruits and vegetables or more on carbohydrate counting with these foods; seems intended for newly diagnosed or their families; includes children and adults and extended family; features Lakota legendary trickster animated spider. | Produced by Standing Rock Diabetes Program<br><br>http://www.katcommunications.net/portfolio/education/AberdeenAreaIHS/Iktomi/<br><br>Kat Communications<br>1100 Industrial Dr.<br>Bismark, ND 58501<br>701.224.9208<br>888.571.5967<br><br>Cost $75/ CD. The business doesn't have an inventory, this is the cost to duplicate a single copy; quantity discounts might be negotiated. |
| *Health for Native Life* magazine   Cover photo is Tim C. Brown (Yakutat Tlingit) as he sings and drums, April, 2006 issue. | Colorful magazine intended for American Indian and Alaskan Natives to prevent and manage diabetes; variety of topics, including traditional and contemporary settings; focuses on positive stories; excellent source of pictures of all ages and activities; some recipes using traditional foods; some back issues available. | Write to: diabetesprogram@ihs.gov or go to<br><br>http://www.ihs.gov/MedicalPrograms/diabetes/resources/rde/index.cfm?module=catalog .<br><br>Use online order for Resources for Diabetes Education. It is necessary to include tribe or agency or "other" with address, but no payment is required. |
| Native Peoples Magazine Cover photo is Virginia Boone (Navajo), | Published 6 times/year; full color; focus on Native American life with a focus on arts and culture but reports on business, health, education, politics, sports, food, history, travel and events in "Indian Country"; website has user-friendly archives searchable by tribes/geographic region or topics; extraordinary pictures; January 2007 article on "Sacred Plants: Native American Herbal Medicine" with references. | Subscriptions at website www.nativepeoples.com, $19.95/6 issues<br>;<br>Editorial Offices<br>5333 N. 7th St., Suite 224,<br>Phoenix, AZ 85014-2804, (602)- 265-4855<br><br>email: editorial@nativepeoples.com Back issues are often available. |

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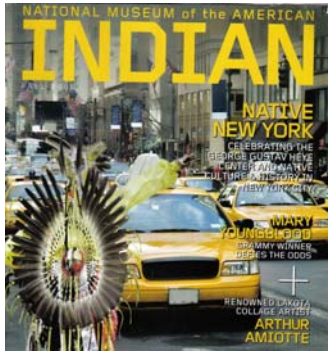
| collecting wild plants in Arizona.<br>Jan/Feb, 2007 issue | | |
| National Museum of the American Indian magazine<br>  <br> | Colorful magazine published quarterly by the Smithsonian National Museum of the American Indian (NMAI); seems to focus articles and advertisements on new and traditional art, with emphasis on how the art represents culture; positive images of geography and culture that may be useful in general way for promoting traditional food. | Quarterly magazines are a benefit of membership in the National Museum of the American Indian (NMAI) contact Member Services; visit www.AmericanIndian.si.edu and click on SUPPORT or write<br>NMAI,<br>Member Services<br>P.O. Box 23473<br>Washington, DC, 20027-3473<br><br>call 1-800-242-6624; annual membership starts at $25/year ; back issues must be ordered, none on-line to view |
| Gift portfolio with writing cards with pictures of the Crops of the Americas, postage stamps<br> <br>Stamp panel and supporting materials for Longleaf Forest Ecosystem | Stamps ($0.39 each), folder with historical information on crops and one line drawing which is different from the colored illustrations on the stamps<br><br>There is also a set of stamps which comes as a panel and showcases various parts of the country with animals and plants; an inexpensive visual about connections between geography, climate and growing conditions. Look for the *Nature of America Stamp* Series to show: Artic Tundra, Alpine Tundra, Southern Florida Wetlands, Great Lakes Dunes, Deciduous Forest, Longleaf Pine Forest, and the Sonoran Desert. There is also a series, *Wonders of America* with superlatives, such as the largest flower (American lotus), which was a source of food for American Indians. There is little detail, but a great starting point for curious children or adults to learn more. From the website, | Folder with educational materials: COTA Gold Prestige Folder, Item 675875 $7.95<br><br>www.usps.com/shop Customers can make on-line purchase with credit card<br><br>Stamps and stamp products:<br>1-800-782-6724<br><br>Consumer Affairs, Policy and Program Development<br>USPS Headquarters<br>475 L'Enfant Plaza SW<br>Washington DC 20260-0004<br><br>Educational materials that support the various stamp series are printed in limited quantities and are easiest to purchase near the time they are released; but the stamps themselves are often available or can be downloaded for education. |

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| | the pictures/stamps can be downloaded for educational use. | |
| Two page list, *Ten Ways American Indians Can Prevent Type 2 Diabetes* and small poster titled *We Have the Power to Prevent Diabetes*<br> <br> | Developed by the National Diabetes Education Program; both include the message of fruits and vegetables as part of bigger message about physical activity, healthy weight, getting help, setting goals and recording progress. | http://ndep.nih.gov/campaigns/SmallSteps/power_tips/index.htm or http://www.ndep.nih.gov/diabetes/pubs/ten-ways-american-indians.pdf. or<br><br>order from http://www.ndep.nih.gov/diabetes/pubs/catalog.htm#PubsPatPrev<br>National Diabetes Information Clearinghouse (NDIC)<br>1 Information Way<br>Bethesda, MD 20892-3560<br>1-888-693-6337<br>(FAX) 703-738-4929<br>Email: ndep@nail.nih.gov<br><br>Downloaded materials are copyright free; printed materials may have small cost. |

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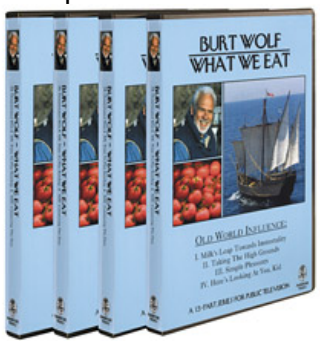
| DVD Series, 4 DVDs with history of 12 different crops   | These DVDs showcase the concept that foods, both plants and animals, of the western hemisphere have changed life more than political changes; lovely photography and thoughtful comments from Chef Burt Wolf who actually visits the places where the products are grown: chocolate, sugar, chili peppers, livestock, tomatoes, potatoes, corn, cheese, coffee, African foods, Mediterranean foods and wine. It would be easy to use one of these to introduce a cooking demo using a recipe that features one of these products. | Sold through the store of Public Broadcasting Service<br>$129.99 + s & h<br>http://www.shoppbs.org/sm-pbs-burt-wolfs-what-we-eat-dvd-4pk--pi-1763633.html<br>1-800-531-4727 Credit Card orders processed in 2 days; they can also mail out catalogs; the Burt Wolf DVDs may not be listed in most recent catalogs<br><br>PBS Video<br>P.O. Box 609<br>Melbourne, FL 32902<br>1-800-531-4727 |
| Cookbooks and recipes for users of U.S.D.A. Commodity Programs | *A River of Recipes Native American Recipes Using Commodity Foods* – 77 pages with general nutrition and food safety and storage information, revised 2003, non-standardized recipes, no sections on salads or vegetables, but some used in "side dishes"<br>*USDA's Collection of Nonfat Dry Milk Recipes* – 25 pages, published in Nov, 2002; several use fruits and vegetables in beverages, side dishes and desserts<br>*Creative Recipes for Less Familiar Commodities* – published June, 2005; 27 pages; for canned and dried commodities – apricots, blueberries, cherries, cranberries, figs, plums, raisins, sweet potatoes, spinach, walnuts, pork and ham | http://www.fns.usda.gov/fdd/ follow prompts through Commodity Supplemental Foods and Fact Sheets/Recipes<br><br>questions or contributions can be sent to fdd-psb@fns.usda.gov<br>Food & Nutrition Service<br>Food Distribution Division<br>3101 Park Center Drive, Room 504<br>Alexandria, VA 22302-1500<br>703 305-2680 (Phone)<br>703 305-2420 (Fax)<br><br>Many Native Americans shared their recipes for these collections. A nutrient analysis is included for each recipe, although it can be difficult to read. |
| General Cookbooks using American Indian and Alaskan Native foods, cooking techniques, cultural information and often lovely pictures to motivate cooking! | *Foods of the Southwest Indian Nations: Traditional and Contemporary Native Recipes* by Lois Ellen Frank<br>*American Indian Cooking by Carolyn* Niethammer<br>*Native Harvests: American Indian Wild Foods and Recipes* by Barry Kavasch<br>*Spirit of the Harvest*: *North American Indian Cooking* by Martin Jacobs | Check the places that sell books! Botanical gardens, museums, university presses and the U.S. National Park Services may have selections the focus on particular localities.<br><br>This is NOT a complete list, only a few of many. |

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| | *Foods of the Americas: Native Recipes and Traditions* by Fernando Divina<br>*American Indian Food* by Linda Murray Berzok<br>*Recovering Our Ancestors' Gardens: Indigenous Recipes & Guide to Diet and Fitness* by Devon Abbott Mihesuah<br>*The Art of American Indian Cooking* by Yeffe Kimball and Jean Anderson<br>*Traditional Foods are your Best Medicine by Improving Health and Longevity with Native Nutrition* by Ronald Schmid | |
| **Professional Resources** | | |
| **RESOURCE** | **DESCRIPTION** | **WEBSITE/SOURCE** |
| Downloadable pictures (8.5 x 11 inches) with positive case studies **Not designed to be used as posters**, as each time the handout is viewed the impact decreases. Each handout needs to be discussed one-on-one or in a group setting. A client would decide whether they are ready for a change and what change they are ready to make. | Six 1-page educational handouts developed to speak to and resonate with American Indians and Alaska Native People. Developed by Indian Health Service. Two h/o promote fruits and/or vegetables; a basket of vegetables with the message: "Nature's Gift to You – Your Gift to Your Children"; also a heart shaped red box filled with sweets: "Treat Yourself to the Natural Sweet": all include an inspirational story of nutrition related behavioral changes. | http://www.ihs.gov/MedicalPrograms/Nutrition/documents/IHS6-handouts.pdf.<br><br>Handouts and leaders guide are both available on the website. |
| American Indian Corn poster<br>Squash poster<br>Chile Pepper poster<br>Root Vegetable poster<br>Tomatoes poster | Mainly artistic; size 24 x 36 inches; showcases varieties of produce; opportunity to emphasize the gift of these plants to world's population<br><br>Some posters out of print at any given time. Corn poster only available on black background. | GMHP<br>P.O. Box 515<br>Graton, CA 95444<br>800-789-9121<br>Fax: 707 -823-9091<br>Email: order@gmushrooms.com<br><br>Cost for corn poster is $16/each + $6.95 shipping |

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| Booklists: Recommended Books and Books to Avoid | Oyate is a Native organization working to see that lives and histories are portrayed honestly. The book reviews include critical evaluation of books and curriculums with Indian themes. This organization has a small resource center and reference library and promotes distribution of books with an emphasis on writing and illustration by Native peoples. Their website has information on Indian identities, perception of the Thanksgiving Day, some recommended books about foods, and a Frequently Asked Question section about Indian stories and legends. Be warned that this can be a sensitive area and stories should not be told by anyone at anytime just for a connection to a lesson on nutrition or anything else. | Oyate<br>2702 Mathews St.<br>Berkeley, CA 94702<br>(510) 848-6700<br>(517) 848- 4815 (Fax)<br>oyate@oyate.org<br>www.oyate.org |
| Curriculum for hands-on tasting with grades K-1, 2-3 and 4-6. Curriculum has both English and Spanish words, was targeted at American Indians as well, accompanying power point has children of several ethnic heritages.<br> | Extraordinarily detailed materials to promote fruit and vegetable tasting among Hispanic and American Indian children; website has everything one would need to do hands-on tasting with tomatoes, dried fruits, citrus fruits, melons, apples, salads, and peas; all that is needed to extend the classroom tasting into vocabulary, measurement, comparison and other skills.<br>These materials are part of a bigger research project comparing classroom taste testing with more intensive programs that include cafeteria promotion of fruits/vegetables and family food preparation and diet patterns. | www.cookingwithkids.net Users need to register with a password on the website, so they may be contacted for evaluation of downloadable materials; funded by a variety of sources to a 501c (3) non-profit, some materials for sale, which may be less expensive than printing large curriculum documents.<br><br>Description of USDA-funded Center for Health Promotion and Disease Prevention (CHPDP) current, active project complete with contacts for project investigators at<br>http://hsc.unm.edu/chpdp/projects/CWK.htm |
| Curriculum for Grades 3 ,4 & 5 to promote healthy eating, including foods specific to 7 nations: Navajo Nation, Tohono O'odham Nation, Gila River Indian Community, White Mountain Apache Tribe, San Carolos Apache Tribe, Oglala Lakota Tribe and the Sicangu Lakota Tribe | Pathways involves classroom curricula for third through fifth grades, extensive parental involvement programs, physical education, and a food service program. Pathways developed the program to be appropriate and appealing to American Indian children. The materials are very user-friendly and may be modified for use by other communities in | The materials are described in detail and can be downloaded from the University of New Mexico Web site http://hsc.unm.edu/pathways/<br><br>Dr. Sally M. Davis, Director<br>UNM/CHPDP/Pathways<br>MSC 116145<br>1 University of New Mexico |

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| | addition to American Indian communities. | Albuquerque, NM 87131<br>(505) 272-4462 (Prevention Research Center) |
| Resources on fruits and vegetables for classrooms, camps and community programs, including free downloadable pictures of products at farmers markets | Recommended for anyone; most are pictures of the fruits and vegetables; downloadable black and white line drawings are easy to cut and add to plates or baskets; easy to classify, count, color | www.brainchildpress.com prices in quantity discounts as well as some free resources<br>Brain Child Press, Inc.<br>13324 Beckinham Dr., Suite 100<br>Little Rock, AR 72212<br>Voice 501-837-5081<br>Fax: 501-228-0908 |
| Reference for American Indians in Children's Literature | This blog site is maintained by the American Indian Library Association, Resource for Teachers. It is maintained by Debbie Reese, professor at the University of Illinois. She is enrolled at the Nambe Pueblo in northern New Mexico.<br>There are several books with food themes, most published recently, including*: Children of Native America Today* by Yvonne Wakim Dennis (Cherokee) and Arlene Hirschfelder*, Bears Make Rock Soup and Other Stories* by Lise Erdrich (Ojibway) | http://americanindiansinchildrensliterature.blogspot.com<br><br>Check this website before using a book to anchor any nutrition education lessons; there are several well-known and both recently published and older publications which may be considered offensive by some tribal members. |
| *American Indian Culture and Research Journal* | A journal designed for scholars and the general public. Published book reviews, literature and original scholarly papers in history, geography, sociology, political science, HEALTH, law, education and the arts. Online list of contents of each issue and can order back issues; typical of health related topics: "Community Participation in Tribal Diabetes Programs by Carolyn Smith-Morris", vol 30, no 2, 2006 and reviews of book on traditional plant use in vol 31, no. 3, 2007; definitely high level reading and concepts | Subscriptions,<br>UCLA American Indian Studies Center<br>3220 Campbell Hall<br>Los Angeles, CA 90095-1548<br><br>Institutions: $245<br>Individuals: print only $40<br>Back Issues: $15 + shipping |
| **Higher Education** | | |

| RESOURCE | DESCRIPTION | WEBSITE/SOURCE |
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| List of tribal colleges and Indian/Native Studies departments within colleges and universities | List is from a full report of the American Indian Higher Education Consortium (AIHEC); gives an overview only; not updated since 2006 | www.nativeculture.com go to Lisa Mitten's Native American Sites and then follow the links |
| Native American Cuisine Studies at the Classic Cooking Academy in Scottsdale, Arizona | Developing program by Nephi Craig (White Mountain Apache & Navajo), classically trained chef and founder of Native American Culinary Association. The program aims to use food to combat social ills like heart disease, obesity and diabetes, using Native food as a method of preserving and revitalizing Native culture and communities by providing a comprehensive and unique culinary education. | Nephi Craig<br>NACA Chef Founder<br>Director of Native American Program<br>Classic Cooking Academy<br>10411 E. McDowell Mountain Ranch Rd.<br>Scottsdale, Arizona 85255<br>(480) 502-0177 – office<br>(480) 502-0178 – FAX<br>CCA website: www.classiccooking.net<br>NACA website: www.nativeculinary.com/forum |
| Comprehensive educational program to recruit American Indian students preparing for health careers; has programs to support students from junior high school level and older. | Indians into Medicine (INMED) was established in 1973 to meet the need for health professionals serving American Indian reservation populations. As of 2005, the program had graduated 163 medical doctors and 317 Indian health professionals have gone through the program including nursing, clinical psychology and other specialties. | http://www.med.und.nodak.edu/depts/inmed/about.html<br><br>INMED Program<br>UNDSMHS Room 2101<br>501 N Columbia Road Stop 9037<br>Grand Forks, ND 58202-9037<br><br>Phone: 701-777-3037<br>Fax: 701-777-3277<br>Email: inmed@medicine.nodak.edu |
| **Museums with American Indian Resources** | | |
| **RESOURCE** | **DESCRIPTION** | **WEBSITE/SOURCE** |
| List of museums with American Indian resources, by state | There is a general list and a list by states; website quickly moves to commercial art posters, but each museum has a link from this site; most museum website arranged for teachers, not health providers | l<br>http://www.hanksville.org/NAresources/indices/NAmuseums.html |
| Smithsonian, National Museum of the American Indian | The national museum, on sites in Maryland, New York City, and Washington DC, which is dedicated to the preservation, study, and exhibition of the life, languages, literature, history, and arts of Native Americans. | www.AmericanIndian.si.edu ; list of printed and on-line resources, some related to agriculture and food; definitely organized for teachers and student visitors to the museum exhibits; some downloadable posters Three museums: George Gustav Heye Center, NY, |

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| | Collaborates with Native peoples of Western Hemisphere to protect and foster cultures; not specific to topics related directly to health | NY; Cultural Resource Ctr in Suitland, MD and the National Museum of the American Indian (NMAI) on the National Mall, Fourth St. & Independence Ave, SW, Washington DC 20560<br>Phone: 202-633-1000 |

## Partner Organizations for Promoting Fruits & Vegetables

**Key Partners**

National Congress of American Indians – from this site, contact any tribes through a listing by geographic area and a list by first name of tribe
http://www.ncai.org/Tribal_directory.3.0.html

Association of American Indian Physicians – provide a Facts-at-a-Glance Guide to a variety of statistics for AI/AN communities, and a CD and printable version of an extensive AI/AN *Diabetes Resource Guide for Health Professionals*
http://www.aaip.org

Indian Health Service Service Areas – contact any of the 12 service areas – http://www.ihs.gov/

Inter Tribal Councils – variety of sites; inter tribal councils may be the best contacts for fruit and vegetable promotions among smaller tribes

Arizona – www.itcaonline.com
Choctaw Nations of Oklahoma; Five Civilized Tribes – www.fivecivilizedtribes.org/
Michigan – www.itcmi.org
Nevada – www.itcn.org

California – www.itccinc.org
Alaska – www.aitc.org
Great Lakes – www.glitc.org
Vallejo - www.vallejointertribalcouncil.org
Environmental Concerns, especially water quality – www.itecmembers.org

National Health-Related Partners

Centers for Disease Control and Prevention – www.cdc.gov/

Fruit and Vegetable Health Initiative – http://www.fruitsandveggiesmatter.gov/

United States Department of Agriculture – Food Distribution Programs on Indian Reservations – http://www.fns.usda.gov/fdd/programs/fdpir/ This site has a direct link to a 135 page report dated April, 2007 and titled "Obesity and American Indians/Alaskan Natives", which notes that low consumption of fruits and vegetables is one of many contributing factors related to nutrition and diet. A review of research specific to AI/AN and suggestions are included http://aspe.hhs.gov/hsp/07/AI-AN-obesity

National Diabetes Education Program – http:// ndep.nih.gov/

United States Department of Agriculture – Food Stamp Nutrition Education – http://foodstamp.nal.usda.gov/

United States Department of Agriculture – Supplemental Nutrition for Women Infants and Children (WIC) – http://www.fns.usda.gov/wic/

Food Research and Action Center (http://www.frac.org) has released publications, funding updates and links that over the years have been relevant to both WIC and Inter Tribal Organizations (ITO) programs and agencies that work with Native Americans in general. This is the site to use for emergency food assistance after disasters like floods or hurricanes.

Healthy Beverages Community Action Kits – www.ihs.gov/medicalprograms/diabetes/resources/healthbev06_index.asp
This site is particularly complete with both research and practical tools, including a list of internet resources with pictures that can be used to make power point presentations for a local area.

**Funding Sources**

Robert Wood Johnson Foundation (www.rwjf.org)

U.S.D.A. Summer Food Service Program (http://www.ers.usda.gov/Briefing/ChildNutrition/summer.htm)

**Authors of this document**

This "Resource and Tip Sheet" was developed and edited by a subcommittee on Special Populations of the SRC (State, Regional and Community Interest Group) of the National Fruit and Vegetable Alliance Steering Committee. Members of the subcommittee are:

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Many people from a variety of agencies contributed and reviewed the document, which remains an evolving resource.

ASSOCIATION OF STATE & TERRITORIAL PUBLIC HEALTH NUTRITION DIRECTORS

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