

Food Distribution Program on Indian Reservations
Nutrition Education Grants

Summary of Funded FDPNE Projects
FY 2008

Confederated Tribes and Bands of the Yakama Nation

\$18,945

The Yakama Nation will implement a food safety intervention that includes monthly food safety classes and daily food safety reinforcement activities. The goal of the program is to teach food safety knowledge to FDPIR participants in order to improve home food safety behaviors and to enhance FDPIR participants' dietary quality.

Mountain Plains Region Nutrition Advisory Committee

\$168,470

The seven member Committee, representing the thirty Tribes in the Mountain Plains Region, plans to host a cook-off contest, produce a nutrition education DVD and health promotion posters, design a culturally relevant cookbook, and to disseminate these materials to the thirty Tribes participating in FDPIR in the Mountain Plains region. The goal of this project is to provide health promotion activities by combining health marketing, nutrition classes, and physical activity into community based outreach activities.

Crow Creek

\$8,222

Crow Creek will assist FDPIR-eligible households to grow their own garden plots, organize field trips for youth to plant and harvest traditional foods, provide recipes for traditional native foods, and provide calendars with nutrition messages to participants. This project hopes to encourage people on the reservation to adopt healthier eating habits.

Fort Belknap Indian Community

\$213,849

This "Back to Basic Gardening, Nutrition Education and Training Project" will use demonstration gardens and greenhouses to provide nutrition education and increase fruit and vegetable consumption among FDPIR eligibles. The project will build a root cellar, which will store the produce grown in the vegetables for later education efforts, and will be used to educate the participants on food storage. The Food Stamp Nutrition Education Program will provide education on food preparation, and food preservation.

Sherwood Valley Food Program

\$34,249

Sherwood Valley's goal is to promote diet and physical activity behavior change among FDPIR eligible families in their service area, with a focus on increasing fruit and vegetable consumption, physical activity, and community knowledge. This project will develop a resource kit for the Tribes served by the Sherwood Valley Food Program to use during community activities and events. Sherwood Valley Food Program will also host cooking demonstrations at the FDPIR warehouse and tailgates, and provide curriculum and materials for community gardening as way to increase fruit and vegetable consumption.

Prairie Band Potawatomi Nation

\$45,694

Several agencies of the Prairie Band Potawatomi Nation will collaborate to develop a community garden near the center of the reservation. The garden will serve as an educational center where FDPIR participants will receive nutrition information and education. The community garden project will allow the Prairie Band Potawatomi Nation tribal members to promote healthy eating habits and a physically active lifestyle.

Midwest Region Nutrition Advisory Committee (MWRNAC)

\$39,600

The six members on the MWRNAC represent twenty-three Tribes in the Midwest Region. The MWRNAC will develop a calendar with a nutrition education focus for distribution to FDPIR participants. The grant will also allow the Committee to purchase Dietary Guidelines brochures, MyPyramid tomato seed packets, and food models for the twenty-three Tribes participating in FDPIR in the Midwest Region. The goal is to increase awareness of the Dietary Guidelines and the benefits physical activity among FDPIR participants.

Cheyenne and Arapaho Tribes of Oklahoma

\$14,174

The “Spices and Seasonings: a Little Goes a Long Way” project will provide educational activities to help FDPIR eligibles learn how to prepare USDA commodity foods using spices and seasonings instead of salt. The goal of the “Spices and Seasonings” project is to share the knowledge of preparing commodity foods and basic meals using healthy recipes.

Eight Northern Indians Pueblos Council, Inc. (ENIPC)

\$20,800

ENIPC will provide monthly cooking demonstrations with the help of a local company that specializes in traditional cooking with local produce. The goal is to educate FDPIR eligibles on the benefits of physical activity and healthier eating.

Leech Lake Band of Ojibwe

\$40,488

Leech Lake will conduct a variety of nutrition education efforts for FDPIR eligibles, including exhibiting at several health fairs, providing monthly recipes, distributing MyPyramid materials, and encouraging physical activity through a “Walking the Rez” program.

Zuni Food Distribution Program

\$46,518

The Zuni Food Distribution Program will hold nutrition education sessions in a classroom setting for FDPIR eligibles. The educational topics will include MyPyramid, meal planning, food safety and storage, and food preparation.

Confederated Salish and Kootenai Tribes

\$139,815

The Confederated Salish and Kootenai Tribes hope to expand knowledge of healthy food among FDPIR eligibles. This project will provide a comprehensive nutrition education program that includes nutrition education sessions, starting a community garden, youth-focus nutrition learning experiences, providing weekly ideas for dietary changes through various venues, a walking program, and radio messages.